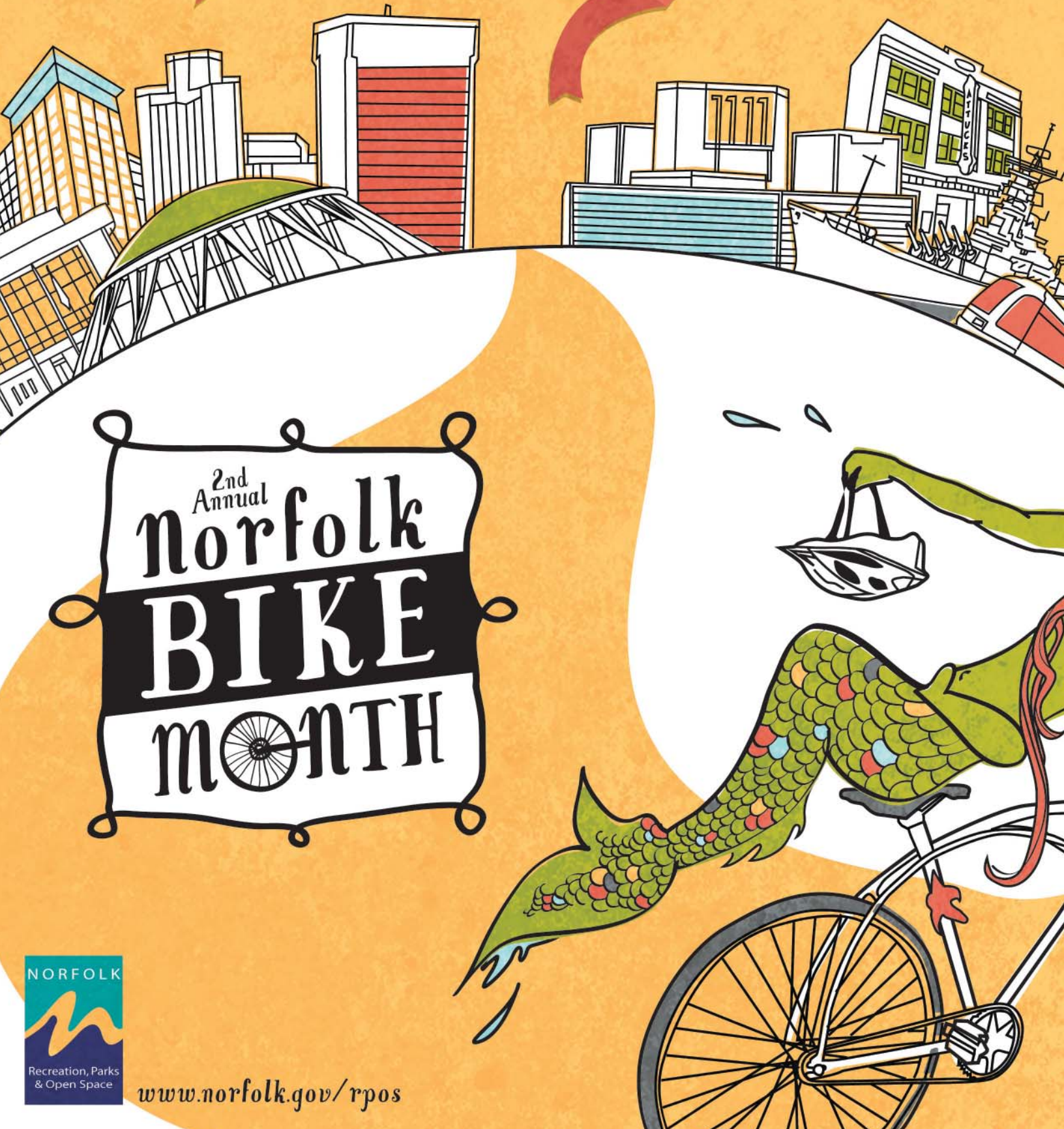


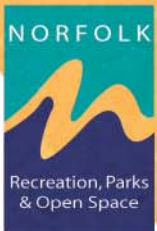
GoodTimes

summer
2012

GET OUT & PLAY!



2nd Annual
Norfolk
BIKE
MONTH



www.norfolk.gov/rpos

RPOS SUMMER CAMPS

Beat the heat this summer with RPOS. Camps available for all ages. From arts, to music, canoeing and more, RPOS summer camps have something for everyone. View the 2012 Summer Camp Guide for all camp details at www.Norfolk.gov/RPOS.



REC CENTER SPOTLIGHT

Captain's Quarters Recreation Center

800 Little Bay Avenue • Norfolk, VA 23508 • Phone: 757.441.1715 • Norfolk.gov/rpos

Summer Hours • Mon-Fri: 6:30a-8:00p • Teen Only Hours: 5:30p-8:00p • Sat-Sun: Closed

Captain's Quarters Recreation Center overlooks the beautiful beaches of Willoughby Spit. During the summer months Captain's Quarters transforms from an open recreation facility into a day camp facility for children ages six to twelve. Camp Willoughby includes activities such as nature studies, kayaking, fishing, swimming, life skills, guest speakers, arts, crabbing and weekly field trips. In addition to Camp Willoughby, it also provides similar programming for teens ages 13 – 17 from 5:30pm – 8:00pm Monday through Friday. During the school year the facility offers after school homework assistance, outdoor adventure activities, dance workshops, trips, socials and more.

A fun fact about Captain's Quarters is it was in fact a Captain's living quarters before it was a recreation center. The center was donated to the City of Norfolk by a retired U.S. Navy Captain, and requested the property be used strictly as a recreational facility.



End of School
Celebration!
June 14th
4:00pm
Ages 5 & Up

FROM THE DIRECTOR

The heat is on! RPOS has been taking advantage of the early warm weather and we hope you have to. We have numerous programs for you to enjoy as we move into the summer months.

The 2nd Annual Norfolk Bike Month events will take place throughout the month of May. We hope you will cruise through summer with us at this amazing event that will teach residents of all ages bike safety, provide the opportunity to bike through new areas of the city and connect neighbors with local bicycling resources and each other. Event information is available on the back cover of the Good Times, www.NorfolkBikeMonth.com and on Facebook!

Speaking of Facebook, if you have not "liked" RPOS on Facebook already, scan the QR code on page 39. The RPOS Facebook page allows you to stay up to date on RPOS events, view event photos, receive information on facility closings or hour changes, provide feedback on RPOS programs, and receive interesting information on recreation related topics. Like us today! We can't wait to hear from you.

In this issue, we have reorganized the Good Times to provide "Youth & Family" and "Teen" events pages. Please take a look at both pages and hopefully this new structure will allow you to find upcoming events that are suitable for your family with greater ease.

RPOS continually evaluates the way we communicate with our patrons in order to provide information to you in the most effective and timely manner. We are currently rebuilding our email database. Please take the time when registering for a course or applying for a Facility Use ID Card to completely provide your email address to receive monthly newsletters on upcoming events. You can also sign up for the RPOS newsletter at www.Norfolk.gov/RPOS. While you're there, be sure to check out the event calendar. While we try to include all upcoming events in the Good Times, additional events are often added to the calendar after the Good Times is printed. Don't miss out on the fun; check the calendar often!

I hope that you have a safe and healthy summer and that you Get Out and Play with us!

Sincerely,



Darrell R. Crittendon, Director

Recreation, Parks & Open Space



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For a listing of all RPOS facilities and amenities, visit www.Norfolk.gov/RPOS.

VOLUNTEER IN YOUR COMMUNITY TODAY!

RPOS is looking for a few good citizens! Are you interested in making a difference in your community? Do you have great skills that you would like to offer to those who need assistance? Only YOU can make a difference in your community by becoming a volunteer. We have a number of exciting and rewarding opportunities where you can shine! Opportunities include, but are not limited to: special events, athletic event support, aquatic program mentor, recreation aide, gym assistant, tutors, pottery room assistant, arbor day tree distribution, coaches, dance and music production assistants, and more! See a full list of opportunities at www.Norfolk.gov/rpos.

Individuals or groups interested in volunteering may contact Rossi Ivanova, Volunteer Coordinator, via e-mail at rositsa.ivanova@norfolk.gov or by phone at (757) 441-2400 ext 266. Note: Prior to volunteering, an individual must submit to a criminal background and sexual offender check, costing \$25 that must be incurred by the individual.

RECREATION CENTERS

Hours valid June 20 - August 24.

Bayview Recreation Center (BV), 8613 Willow Terrace, Norfolk, VA 23503 ●
Office: (757) 441-1626 Fax: (757) 441-1627
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 6:00p-8:00p; Sat-Sun: Closed

Berkley Community Center (BK), 121 West Liberty Street, Norfolk, VA 23523 ●
Office: (757) 441-1912 Fax: (757) 441-1906
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Campostella Recreation Center (CS), 1130 Leake Street, Norfolk, VA 23523
Office: (757) 441-1974 Fax: (757) 441-1974
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Captain's Quarters Recreation Center (CQ), 800 Little Bay Avenue, Norfolk, VA 23503
Office: (757) 441-1715 Fax: (757) 441-1715
Hours: Mon-Fri: 6:30a-8:00p; Teen Only Hours: 6:00p-8:00p; Sat-Sun: Closed

Crossroads Recreation Center (CR), 8044 Tidewater Drive, Norfolk, VA 23505
Office: (757) 441-1769 Fax: (757) 441-1039
Closed for Summer

E Ocean View Community Center (OV), 9520 E. 20th Bay Street, Norfolk, VA 23518
Office: (757) 441-1785 Fax: (757) 441-1785
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Fairlawn Recreation Center (FL), 1014 Kempsville Road, Norfolk, VA 23502
Office: (757) 441-5670
Hours: Mon-Fri: 6:30a-8:00p; Teen Only Hours: 6:00p-8:00p; Sat-Sun: Closed

Grandy Village Recreation Center (GV), 3017 Kimball Terrace, Norfolk, VA 23504
Office: (757) 441-2117
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Huntersville Community Center (HV), 830 Goff Street, Norfolk, VA 23504 ●
Office: (757) 664-7434
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Ingleside Recreation Center (IN), 940 Ingleside Road, Norfolk, VA 23502 ●
Office: (757) 441-5675 Fax: (757) 441-5675
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Lambert's Point Community Center (LP), 1251 W. 42nd Street, Norfolk, VA 23508 ●
Office: (757) 423-1088 Fax: (757) 423-1408
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat: 11:00a-4:00p; Sun: Closed

Merrimack Landing Recreation Center (ML), 8809 Monitor Way, Norfolk, VA 23503
Office: (757) 441-1783 Fax: (757) 441-1783
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Norview Community Center (NV), 6380 Sewells Point Road, Norfolk, VA 23513 ●
Office: (757) 441-1440 Fax: (757) 441-5917
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat: 11:00a-4:00p; Sun: Closed

Park Place Community Center (PP), 606 W. 29th Street, Norfolk, VA 23508
Office: (757) 664-7531 Fax: (757) 823-4365
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Sherwood Forest Community Center (SF), 4537 Little John Drive, Norfolk, VA 23513
Office: (757) 441-5824
Hours: Mon-Fri: 6:30a-8:00p; Teen Only Hours: 6:00p-8:00p; Sat-Sun: Closed

Tarrallton Community Center (TR), 2100 Tarrallton Drive, Norfolk, VA 23518
Office: (757) 441-1765 Fax: (757) 441-1765
Hours: Mon-Fri: 6:30a-8:00p; Teen Only Hours: 6:00p-8:00p; Sat-Sun: Closed

Titustown Recreation Center (TT), 7545 Diven Street, Norfolk, VA 23505 ●
Office: (757) 441-1259 Fax: (757) 441-1288
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

Young Terrace Community Center, 804 Whitaker Lane, Norfolk, VA 23510 ●
Office: (757) 441-2692 Fax: (757) 441-2754
Hours: Mon-Fri: 8:30a-8:00p; Teen Only Hours: 5:30p-8:00p; Sat-Sun: Closed

YOUTH/FAMILY EVENTS

Participation in recreation center events requires valid facility use I.D card.

● Site issues facility use ID card. Cards printed during limited hours. See page 36 for card printing hours.

ACTIVITY/ LOCATION	DAY	DATE	TIME	AGES
Community Day (LP)	F	6/08	4:30p	All
Sock Hop (IS)	Tu	6/12	4:30p	5-12
Hello Summer! Party (ML)	W	6/13	5:00p	5-17
Hello Summer Social (OV)	W	6/13	5:30p	5-17
End of School Celebration (CQ)	Th	6/14	4:00p	5 & Up
Father's Day Social (BK)	Th	6/14	5:00p	All
Father's Day Social (CS)	Th	6/14	5:00p	All
Father's Day Social (GV)	Th	6/14	5:00p	All
Chess Board Workshop (TR)	Th	6/14	6:30p	All
Community Fun Day (YT)	F	6/15	10:00a	All
Juneteenth Celebration (BK)	M	6/18	11:00a	All
Summers Here Party (PP)	F	6/22	4:30p	5-12
End of School Celebration (CS)	W	6/27	2:00p	5-12
Kids' Kickball Play Day (TT)	Th	6/28	10:00a	5-12
Water Fun Day (Shoop Park)	Th	6/28	10:30a	5-12
Freedom Friday Cookout (BV)	F	6/29	12:00n	All
4th of July Picnic (PP)	M	7/02	1:00p	5-12
Independence Day Celebration (OV)	Tu	7/03	12:00n	5-12
4th of July Celebration (TT)	Tu	7/03	12:30p	5-17
4th of July Celebration (HV)	Tu	7/03	2:00p	5-17
Independence Day Celebration (BK)	Tu	7/03	2:00p	All
Come Chill With Us: Sno Cones! (YT)	Th	7/05, 7/12, 7/19, 7/26	1:00p	8-12
Indoor Summer Hockey (PP)	Th	7/05	3:00p	5-12
Family Fitness Day (LP)	W	7/11	3:30p	All
Field Day (CS)	Th	7/12	9:00a	5-12
Independence Day Celebration (HV)	F	7/13	2:00p	All
Bowling League (PP)	M-F	7/16-7/20	10:00a	5-12
Summer Game Challenge (GV)	M	7/16	2:00p	5-12
Youth Fitness Challenge (BK)	Tu	7/17	10:00a	5-12
Youth Talent Show (TT)	Th	7/19	4:00p	5-17
Summer B-ball Showdown (YT)	Th	7/19	5:30p	5-17
Water Day (PP)	F	7/20	1:30p	5-12
Magic Show (ML)	F	7/20	2:00p	All
Community Day (NV)	Sa	7/21	11:00a	5 & Up
Chalk Talk Contest (YT)	M	7/23	10:00a	5-12
Ice Cream Social (CS)	M	7/23	12:00n	5-12
Family Game Night (ML)	Tu	7/24	6:30p	All
Fire Safety Day (ML)	M	7/30	10:00a	5-12
Soccer Clinic (PP)	Th	8/02	10:00a	5-12
Double Dutch Competition (YT)	Th	8/09	10:00a	5-12
Wacky Indoor Games (BK)	Th	8/09	11:00a	5-12
End of Summer Celebration (IS)	F	8/10	5:30p	5 & Up
Summer Field Day (NV)	F	8/10	11:00a	5-12
End of Summer Fashion Show (PP)	W	8/15	1:00p	5-12
Sevens: Intro to Rugby (FL)	W	8/15	4:30p	10-12
Field Day (YT)	Th	8/16	10:00a	5-17
Fish Fry (OV)	Th	8/16	12:00n	5-12
End of Summer Celebration (LP)	F	8/17	3:00p	All
End of Summer Cook-out	Th	8/23	12:00p	5-12
End of Summer Block Party (CS)	Th	8/23	4:00p	5-18
Family Night (HV)	Th	8/23	6:00p	All
Off the Grid Day (BK)	F	8/24	11:00a	All
End of Summer Celebration (GV)	F	8/24	3:00p	5-18

For Teen
Events, See
Page 35!



NEIGHBORHOOD SERVICE CENTERS

BERKLEY NEIGHBORHOOD SERVICE CENTER	HUNTERSVILLE NEIGHBORHOOD SERVICE CENTER	PARK PLACE NEIGHBORHOOD SERVICE CENTER
<p>925 S. MAIN STREET NORFOLK, VA 23523 OFFICE: (757) 664-6450</p> <p>HOURS: MON-THU 7:00A-9:00P FRI 7:00A-6:00P SAT-SUN CLOSED</p> <p>TENANTS & PROGRAMS:</p> <ul style="list-style-type: none"> NORFOLK DEPARTMENT OF HUMAN SERVICES NORFOLK DEPARTMENT OF PUBLIC HEALTH <ul style="list-style-type: none"> IMMUNIZATION CLINIC WOMEN, INFANTS & CHILDREN (WIC) NORFOLK JUVENILE PROBATION COURT NORFOLK PUBLIC SCHOOLS <ul style="list-style-type: none"> GED REVIEW ADULT BASIC EDUCATION (ABE) SOUTHSIDE SENIOR CENTER 	<p>9830 GOFF STREET NORFOLK, VA 23504 OFFICE: (757) 664-7400</p> <p>HOURS: MON-THU 8:30A-8:45P FRI 8:30A-5:00P SAT-SUN CLOSED</p> <p>TENANTS & PROGRAMS:</p> <ul style="list-style-type: none"> NORFOLK DEPARTMENT OF HUMAN SERVICES NORFOLK DEPARTMENT OF PUBLIC HEALTH <ul style="list-style-type: none"> WOMEN, INFANTS & CHILDREN (WIC) NORFOLK INTERFAITH MENTORSHIP PROGRAM NORFOLK JUVENILE PROBATION COURT NORFOLK PUBLIC SCHOOLS <ul style="list-style-type: none"> GED REVIEW ADULT BASIC EDUCATION (ABE) URBAN LEAGUE OF HAMPTON ROADS 	<p>606 W. 29TH STREET NORFOLK, VA 23508 OFFICE: (757) 664-7500</p> <p>HOURS: MON-THU 8:30A-8:30P FRI 8:30A-5:00P SAT 10:00A-5:00P (LIBRARY ONLY) SUN CLOSED</p> <p>TENANTS & PROGRAMS:</p> <ul style="list-style-type: none"> ALCOHOLICS ANONYMOUS LOVING STEPS NORFOLK DEPARTMENT OF HUMAN SERVICES NORFOLK DEPARTMENT OF PUBLIC HEALTH <ul style="list-style-type: none"> CHILDREN'S DENTAL CLINIC COMPREHENSIVE HEALTH INVESTMENT PROJECT (CHIP) BABY CARE/CAR SEAT PROGRAM WOMEN, INFANTS & CHILDREN (WIC) FAMILY PLANNING IMMUNIZATION CLINIC NORFOLK JUVENILE PROBATION COURT NORFOLK PUBLIC SCHOOLS <ul style="list-style-type: none"> GED REVIEW ADULT BASIC EDUCATION (ABE) PARK PLACE HEALTH & DENTAL CLINIC PARK PLACE BRANCH LIBRARY

COMPUTER RESOURCE CENTERS

- Hours listed are valid for Summer 2012; June 18-August 31.
- Providing a safe place for youth in grades one through 12 to learn productive ways of utilizing computer and technology resources, in addition to tutoring and classroom assignment support.
- Providing individuals ages 16 to adults the opportunity to conquer their fears of technology and learn how to use popular computer software programs through free and low-cost computer access and instruction. Technology education, career services and recreational

CENTER	ADDRESS	PHONE NUMBER	HOURS: AGES 16-ADULT	HOURS: SCHOOL AGE YOUTH
CAMPOSTELLA RESOURCE CENTER	1130 LEAKE STREET	(757) 494-3299	MON-FRI/ 9:00A-1:00P	MON-FRI/2:00P-6:00P
CAMPOSTELLA HEIGHTS RESOURCE CENTER	1714 MT. VERNON AVENUE	(757) 543-0876	MON-FRI/ 9:00A-1:00P	MON-FRI/2:00P-6:00P
DIGGSTOWN RESOURCE CENTER	1401 MELON STREET	(757) 227-9915	MON-FRI/ 9:00A-1:00P	MON-FRI/2:00P-6:00P
OAKLEAF FOREST RESOURCE CENTER	1704 GREENLEAF DRIVE	(757) 494-3298	MON-FRI/ 9:00A-1:00P	MON-FRI/2:00P-6:00P

Note: Hours are adjusted during Norfolk Public Schools Holiday and Summer breaks.



CLASSES FILL QUICKLY! REGISTER TODAY!



AQUATICS

REGISTRATION BEGINS JUNE 9.

PROGRAM INFORMATION:

Aquatics Program Hotline (757) 441-1605

For swimming lessons and other Aquatic Division program information, call the hotline number above, or call or visit any of the swimming pool facilities below.

HUNTERSVILLE INDOOR SWIMMING POOL

830 Goff Street
Norfolk, VA 23504
Office: (757) 664-7431
Fax: (757) 664-7432

NORFOLK FITNESS & WELLNESS CENTER (NFWC)

INDOOR & OUTDOOR SWIMMING POOL
7300 Newport Avenue
Norfolk, VA 23505
Office: (757) 823-4306
Fax: (757) 823-4313

NORTHSIDE INDOOR SWIMMING POOL

8401 Tidewater Drive
Norfolk, VA 23518
Office: (757) 441-1760
Fax: (757) 441-1706

BERKLEY OUTDOOR SWIMMING POOL

89 Liberty Street
Norfolk, VA 23532
Office: (757) 441-1969
Fax: (757) 664-7432

CHESTERFIELD OUTDOOR SWIMMING POOL

2915 Westminister Avenue
Norfolk, VA 23504
Office: (757) 441-5410

INDOOR SWIMMING POOL HOURS

CONTACT INDIVIDUAL POOLS FOR DAILY SCHEDULES FOR LAP SWIMMING, GROUP VISITATION AND AGE RESTRICTIONS.

DAYS	HUNTERSVILLE	NORTHSIDE	NFWC
MON	CLOSED	6:30A-8:00P	6:30A-8:00P
TUE	6:30A-6:30P	CLOSED	6:30A-8:00P
WED	6:30A-6:30P	6:30A-8:00P	CLOSED
THU	6:30A-6:30P	CLOSED	6:30A-8:00P
FRI	CLOSED	6:30A-8:00P	6:30A-8:00P
SAT	8:00A-1:00P	8:00A-5:00P	8:00A-4:45P
SUN	CLOSED	CLOSED	CLOSED

ADMISSION:
FACILITY USE ID REQUIRED. SINGLE DAY PASS MAY BE PURCHASED, SEE PAGE 37 FOR DETAILS.

MEMBERS ONLY.
SEE PAGE 25 FOR MEMBERSHIP INFORMATION

OUTDOOR SWIMMING POOL HOURS

NORFOLK OUTDOOR SWIMMING POOLS OPEN JUNE 18-
CONTACT INDIVIDUAL POOLS FOR DAILY SCHEDULES FOR LAP SWIMMING, GROUP VISITATION AND AGE RESTRICTIONS.

DAYS	BERKLEY	CHESTERFIELD	NFWC
MON	11:00A-6:00P	11:00A-6:00P	11:00A-7:00P
TUE	11:00A-6:00P	CLOSED	11:00A-7:00P
WED	11:00A-6:00P	11:00A-6:00P	CLOSED
THU	CLOSED	11:00A-6:00P	11:00A-7:00P
FRI	11:00A-6:00P	11:00A-6:00P	11:00A-7:00P
SAT	11:00A-4:00P	11:00A-4:00P	11:00A-4:00P
SUN	1:00P-4:00P	1:00P-4:00P	1:00P-4:00P

ADMISSION:
FACILITY USE ID REQUIRED. SINGLE DAY PASS MAY BE PURCHASED, SEE PAGE 36 FOR DETAILS.

MEMBERS ONLY.
SEE PAGE 25 FOR MEMBERSHIP INFORMATION

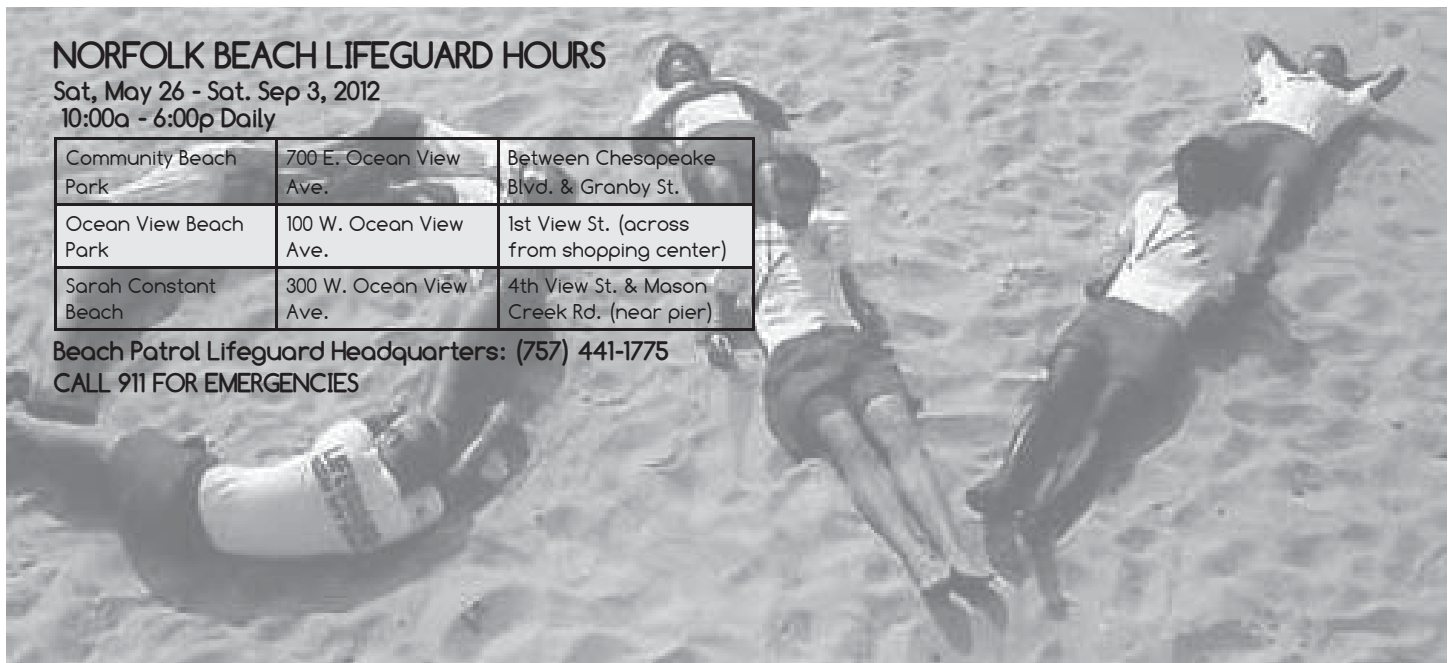
NORFOLK BEACH LIFEGUARD HOURS

Sat, May 26 - Sat, Sep 3, 2012

10:00a - 6:00p Daily

Community Beach Park	700 E. Ocean View Ave.	Between Chesapeake Blvd. & Granby St.
Ocean View Beach Park	100 W. Ocean View Ave.	1st View St. (across from shopping center)
Sarah Constant Beach	300 W. Ocean View Ave.	4th View St. & Mason Creek Rd. (near pier)

Beach Patrol Lifeguard Headquarters: (757) 441-1775
CALL 911 FOR EMERGENCIES



AMERICAN RED CROSS YOUTH “LEARN TO SWIM” PROGRAM

LEVEL PLACEMENT CHART

LEVEL	AGE	PREREQUISITES	PURPOSE
PARENT & CHILD AQUATICS: LEVEL 1	6–48 months	No skill prerequisites. Child must be at least 6 months of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.	To familiarize very young children and their parent(s) or caregiver(s) with basic elements of water safety and the learn-to-swim program. This course is not designed to teach children to be strong swimmers or to survive in the water on their own.
PARENT & CHILD AQUATICS: LEVEL 2	18–48 months	Complete Parent and Child Aquatics, Level 1. Child must be at least 18 months of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.	To familiarize very young children and their parent(s) or caregiver(s) with basic elements of water safety and the learn-to-swim program. This course is not designed to teach children to be strong swimmers or to survive in the water on their own.
PRE-SCHOOL AQUATICS: LEVEL 1	4-5 years	No skill prerequisites. Child must confidently separate from parent and follow instructor's directions.	To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills.
PRESCHOOL AQUATICS: LEVEL 2	4-5 years	Completion of Preschool Aquatics Level 1 or must demonstrate ability to perform exit skills of that level. Child must confidently separate from parent and follow instructor's directions.	To build on the basic aquatic skills learned in Preschool Aquatics: Level 1.
PRESCHOOL AQUATICS: LEVEL 3	4-5 years	Completion of Preschool Aquatics Level 2 or must demonstrate ability to perform exit skills of that level. Child must confidently separate from parent and follow instructor's directions.	To increase proficiency and build on basic aquatic skills learned in Preschool Aquatics: Levels 1 & 2 by providing additional guided practice with increased distances and times.
LEVEL I: INTRODUCTION TO WATER SKILLS	6-15 years	No skill prerequisites. Child must confidently separate from parent and follow instructor's directions	To begin developing positive attitudes, good swimming habits and safe practices in and around the water.
LEVEL II: FUNDAMENTAL AQUATIC SKILLS	6-15 years	Valid Level I certificate or must demonstrate ability to perform exit skills of that level.	To improve upon fundamental skills, including learning how to float without support and to recover to a vertical position
LEVEL III: STROKE DEVELOPMENT	7-15 years	Valid Level II certificate or must demonstrate ability to perform exit skills of that level.	To build on the skills in Level II by providing additional guided practice in deeper water.
LEVEL IV: STROKE IMPROVEMENT	8-15 years	Valid Level III certificate or must demonstrate ability to perform exit skills of that level.	To develop confidence in the strokes learned in Level III and to improve other aquatic skills.
LEVEL V: STROKE REFINEMENT	9-15 years	Valid Level IV certificate or must demonstrate ability to perform exit skills of that level.	To learn how to further coordinate and refine strokes.
LEVEL VI: SWIMMING & SKILL PROFICIENCY (PERSONAL WATER SAFETY)	9-15 years	Valid Level V certificate or must demonstrate ability to perform exit skills of that level.	To refine strokes so participants swim with more ease, efficiency, power and smoothness over greater distances. To teach participants how to prevent aquatic emergencies in various aquatic environments. To introduce and practice self-rescue techniques.
LEVEL VI: SWIMMING & SKILL PROFICIENCY (FITNESS SWIMMER)	9-15 years	Valid Level V certificate or must demonstrate ability to perform exit skills of that level.	To refine strokes so participants swim with more ease, efficiency, power and smoothness over greater distances.



CLASSES FILL QUICKLY! REGISTER TODAY!



SWIMMING LESSON GUIDELINES & COURSE LISTINGS

- Children who are not toilet-trained must wear swim diapers.
- Everyone learns at a different pace. Students may need to participate in the same course level multiple times before progressing to the next level.
- Ages provided in the Swimming Skills Level Placement Chart are the average projected progression ages for swim lesson participants.
- Please register at the location in which you intend to take lessons.
- Please note registration dates and deadlines. Late fees will be applied to registrations after the posted deadline.

PARENT & CHILD AQUATICS: LEVEL 1

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434121-02	Huntersville	Sa	6/30-8/18	11:30a-12:00n	6/22	8 times	\$25	\$38
470121-09	NFWC	Tu/Th	6/26-7/19	11:00a-11:30a	6/19	8 times	\$25	\$38
470121-10	NFWC	Tu/Th	7/31-8/23	11:00a-11:30a	7/24	8 times	\$25	\$38
446121-03	Northside	Sa	6/30-8/18	12:00n-12:30p	6/22	8 times	\$25	\$38

PARENT & CHILD AQUATICS: LEVEL 2

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
470122-09	NFWC	Tu/Th	6/26-7/19	6:00p-6:30p	6/19	8 times	\$25	\$38
470122-10	NFWC	Tu/Th	7/31-8/23	6:00p-6:30p	7/24	8 times	\$25	\$38
446122-03	Northside	Sa	6/30-8/18	12:30p-1:00p	6/22	8 times	\$25	\$38

PRESCHOOL AQUATICS: LEVEL 1

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434123-02	Huntersville	Tu/Th	6/26-7/19	4:00p-4:45p	6/19	8 times	\$30	\$45
434123-03	Huntersville	Sa	6/30-8/18	12:00n-12:45p	6/22	8 times	\$30	\$45
470123-08	NFWC	Tu/Th	6/26-7/19	11:00a-11:45a	6/19	8 times	\$30	\$45
470123-09	NFWC	Sa	6/30-8/18	9:00a-9:45a	6/22	8 times	\$30	\$45
470123-10	NFWC	Tu/Th	7/31-8/23	11:00a-11:45a	7/24	8 times	\$30	\$45
446123-04	Northside	Sa	6/30-8/18	9:00a-9:45a	6/22	8 times	\$30	\$45
446123-05	Northside	W/F	8/08-8/31	6:00p-6:45p	8/01	8 times	\$30	\$45

PRESCHOOL AQUATICS: LEVEL 2

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434127-02	Huntersville	Sa	6/30-8/18	12:00n-12:45p	6/22	8 times	\$30	\$45
434127-03	Huntersville	Tu/Th	7/31-8/23	5:30p-6:15p	7/24	8 times	\$30	\$45
470124-07	NFWC	Tu/Th	6/26-7/19	11:00a-11:45a	6/19	8 times	\$30	\$45
470124-08	NFWC	Sa	6/30-8/18	9:00a-9:45a	6/22	8 times	\$30	\$45
470124-09	NFWC	Tu/Th	7/31-8/23	11:00a-11:45a	7/24	8 times	\$30	\$45
446124-04	Northside	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
446124-05	Northside	M	7/02-8/20	6:00p-6:45p	6/25	8 times	\$30	\$45

PRESCHOOL AQUATICS: LEVEL 3

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
470125-03	NFWC	Sa	6/30-8/18	9:00a-9:45a	6/22	8 times	\$30	\$45
446125-01	Northside	W/F	6/27-7/25	6:00p-6:45p	6/20	8 times	\$30	\$45

Note: No class July 4.

LEVEL 1: INTRODUCTION TO WATER SKILLS

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434126-08	Huntersville	Tu/Th	6/26-7/19	4:00p-4:45p	6/19	8 times	\$30	\$45
434126-09	Huntersville	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
434126-10	Huntersville	Sa	6/30-8/18	11:00a-11:45a	6/22	8 times	\$30	\$45
434126-11	Huntersville	Tu/Th	7/31-8/23	4:00p-4:45p	7/24	8 times	\$30	\$45
470126-12	NFWC	Tu/Th	6/26-7/19	5:00p-5:45p	6/19	8 times	\$30	\$45
470126-13	NFWC	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
470126-14	NFWC	Tu/Th	7/31-8/23	5:00p-5:45p	7/24	8 times	\$30	\$45
446126-08	Northside	W/F	6/27-7/25	5:00p-5:45p	6/20	8 times	\$30	\$45
446126-09	Northside	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
446126-10	Northside	Sa	6/30-8/18	11:00a-11:45a	6/22	8 times	\$30	\$45

Note: No class July 4.



LEVEL II: FUNDAMENTAL AQUATIC SKILLS

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434127-07	Huntersville	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
434127-08	Huntersville	Sa	6/30-8/18	11:00a-11:45a	6/22	8 times	\$30	\$45
434127-09	Huntersville	Tu/Th	7/31-8/23	4:00p-4:45p	7/24	8 times	\$30	\$45
470127-14	NFWC	Tu/Th	6/26-7/19	5:00p-5:45p	6/19	8 times	\$30	\$45
470127-15	NFWC	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
470127-16	NFWC	Tu/Th	7/31-8/23	5:00p-5:45p	7/24	8 times	\$30	\$45
446127-07	Northside	Sa	6/30-8/18	11:00a-11:45a	6/22	8 times	\$30	\$45
446127-08	Northside	M	7/02-8/20	6:00p-6:45p	6/25	8 times	\$30	\$45
446127-09	Northside	W/F	8/08-8/31	5:00p-5:45p	8/01	8 times	\$30	\$45

LEVEL III: STROKE DEVELOPMENT

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434128-06	Huntersville	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
434128-07	Huntersville	Sa	6/30-8/18	11:00a-11:45a	6/22	8 times	\$30	\$45
470128-10	NFWC	Tu/Th	6/26-7/19	5:00p-5:45p	6/19	8 times	\$30	\$45
470128-11	NFWC	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
470128-12	NFWC	Tu/Th	7/31-8/23	5:00p-5:45p	7/24	8 times	\$30	\$45
446128-10	Northside	Sa	6/30-8/18	9:00a-9:45a	6/22	8 times	\$30	\$45
446128-11	Northside	M	7/02-8/20	5:00p-5:45p	6/25	8 times	\$30	\$45
446128-12	Northside	W/F	8/08-8/31	5:00p-5:45p	8/01	8 times	\$30	\$45

LEVEL IV: STROKE IMPROVEMENT

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434129-03	Huntersville	Sa	6/30-8/18	12:00n-12:45p	6/22	8 times	\$30	\$45
470129-03	NFWC	Tu/Th	6/26-7/19	6:00p-6:45p	6/19	8 times	\$30	\$45
470129-04	NFWC	Tu/Th	7/31-8/23	6:00p-6:45p	7/24	8 times	\$30	\$45
446129-07	Northside	W/F	6/27-7/25	5:00p-5:45p	6/20	8 times	\$30	\$45
446129-08	Northside	Sa	6/30-8/18	12:00p-12:45p	6/22	8 times	\$30	\$45
446129-09	Northside	M	7/02-8/20	5:00p-5:45p	6/25	8 times	\$30	\$45

Note: No class July 4.

LEVEL V: STROKE REFINEMENT

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434130-03	Huntersville	Sa	6/30-8/18	12:00p-12:45p	6/22	8 times	\$30	\$45
446130-05	Northside	Sa	6/30-8/18	10:00a-10:45a	6/22	8 times	\$30	\$45
446130-06	Northside	Sa	6/30-8/18	11:00a-11:45a	6/22	8 times	\$30	\$45

LEVEL VI: SWIMMING & SKILL PROFICIENCY (FITNESS SWIMMER)

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
446133-04	Northside	Sa	6/30-8/18	9:00a-9:45a	6/22	8 times	\$30	\$45



CLASSES FILL QUICKLY! REGISTER TODAY!



Teen & Adult Swimming Programs

'TWEENS & TEEN BEGINNER SWIMMING | AGES: 9-15

Gain a comfort level in the water and improve individual swimming skills. This course is designed to be repeated to progress through each level at an individual pace.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470134-03	Sa	6/30-8/18	11:00a-11:45a	6/22	\$30/\$45

TEEN & ADULT BEGINNER SWIMMING | AGES: 16 & UP

Gain a comfort level performing front and back strokes. This course is designed to be repeated to progress through each level at an individual pace.

LOCATION: HUNTERSVILLE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
434135-05	Sa	6/30-8/18	10:00a-10:45a	6/22	\$30/\$45
434135-06	Sa	6/30-8/18	11:00a-11:45a	6/22	\$30/\$45

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446135-04	W	6/27-8/22	6:00-6:45p	6/20	\$30/\$45

Note: No class July 4.

Teen & Adult Water Fitness Programs

AQUATIC ARTHRITIS WATER FITNESS | AGES: 16 & UP

Footwear: Water shoes are recommended.

Instructor leads participants in exercises that help improve joint flexibility and muscle strength. Instructors are trained and certified by the Arthritis Foundation.

LOCATION: HUNTERSVILLE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
434116-10	Tu/Th	7/03-7/31	9:00a-9:50a	6/26	\$20/\$30
434116-11	Tu/Th	8/02-8/30	9:00a-9:50a	7/26	\$20/\$30
434116-12	Tu/Th	9/04-9/27	9:00a-9:50a	8/28	\$20/\$30

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470116-07	M/Th	7/02-7/30	10:00a-10:50a	6/25	\$20/\$30
470116-08	M/Th	8/02-8/30	10:00a-10:50a	7/26	\$20/\$30
470116-09	M/Th	9/06-9/27	10:00a-10:50a	8/30	\$20/\$30

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446116-07	M/W/F	7/02-7/30	1:00p-1:50p	6/25	\$30/\$45
446116-08	M/W/F	8/01-8/31	1:00p-1:50p	7/25	\$30/\$45
446116-09	M/W/F	9/05-9/29	1:00p-1:50p	8/29	\$30/\$45

Note: No class July 4.

SHALLOW WATER FITNESS | AGES: 16 & UP

Footwear: Water shoes are recommended.

Improve your cardiovascular health, flexibility, muscle tone and endurance.

LOCATION: HUNTERSVILLE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
434117-07	Tu/Th	7/03-7/31	5:30p-6:20p	6/26	\$25/\$38
434117-08	Tu/Th	8/02-8/30	5:30p-6:20p	7/26	\$25/\$38
434117-09	Tu/Th	9/04-9/27	5:30p-6:20p	8/28	\$25/\$38

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470117-07	M/Th	7/02-7/30	8:30a-9:20a	6/25	\$25/\$38
470117-08	M/Th	8/02-8/30	8:30a-9:20a	7/26	\$25/\$38
470117-09	M/Th	9/06-9/27	8:30a-9:20a	8/30	\$25/\$38

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446117-07	M/W/F	7/02-7/30	9:00a-9:50a	6/25	\$30/\$45
446117-08	M/W/F	8/01-8/31	9:00a-9:50a	7/25	\$30/\$45
446117-09	M/W/F	9/05-9/28	9:00a-9:50a	8/29	\$30/\$45

Note: No class July 4.

DEEP WATER FITNESS | AGES: 16 & UP

Prerequisite: Participants must be able to tread water comfortably without the use of a flotation device.

Flotation Devices: Participants wear flotation belt for buoyancy. Flotation belts are provided.

Enjoy a high-energy, non-impact cardiovascular workout in deep water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470118-13	Tu/F	7/03-7/27	10:00a-10:50a	6/26	\$25/\$38
470118-14	Tu/F	8/03-8/28	10:00a-10:50a	7/27	\$25/\$38
470118-15	Tu/F	9/04-9/28	10:00a-10:50a	8/21	\$25/\$38

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446118-08	M/W/F	7/02-7/30	6:00p-6:50p	6/25	\$30/\$45
446118-09	M/W/F	8/01-8/31	6:00p-6:50p	7/25	\$30/\$45
446118-10	M/W/F	9/05-9/28	6:00p-6:50p	8/29	\$30/\$45

Note: No class July 4.

Summer Plunge Program!

Summer Plunge is a FREE swimming and water safety program. Participants are taught self rescue skills, swimming skills and how to help others during a water-related emergency. Youth are transported from participating recreation centers to three outdoor pools (Berkley, Chesterfield & Huntersville) three times a week for the program.

Program Dates:
July 9 - August 9, 2012

Ages: 6-18

Registration:
June 25, 2012 - July 6, 2012
Registration is required. A parent or legal guardian must complete a Summer Plunge registration form in person at one of the participating recreation centers or the Huntersville Swimming Pool.

Program Fees:
FREE for Norfolk residents.

Additional Information:
Visit www.Norfolk.gov/RPOS

**WE ARE
SURROUNDED BY
OPEN WATER!
LEARN TO BE
SAFE!**



ATHLETICS & RECREATIONAL SPORTS

LAKEWOOD ATHLETIC OFFICE

1612 Willow Wood Drive
Norfolk, VA 23509
Office: (757) 441-5834/5835
Fax: (757) 441-5975

LAKEWOOD ATHLETIC OFFICE HOURS	
DAYS	HOURS
MON & WED	9:00A-8:00P
TUE, THU, FRI	9:00A-6:00P
SAT & SUN	CLOSED

NORTHSIDE SKATE PLAZA

8401 Tidewater Drive
Norfolk, VA 23518
Contact Lakewood Athletic Office
Office: (757) 441-5834/5835
Fax: (757) 441-5975



OPEN DAILY FROM SUNRISE TO SUNSET

The Northside Skate Plaza is a "SKATE AT YOUR OWN RISK" park. The skate plaza is free of charge and open from sunrise to sunset. The park will be manned during peak hours (which may vary based on the time of year). Special events will be posted on the display board at the skate plaza.

BARRAUD PARK BOXING CENTER

2500 Barraud Avenue
Norfolk, VA 23504
Office: (757) 441-2326/2787
Fax: (757) 441-2327



Are you looking for a unique program to help you get fit? Are you looking for a program to teach you the sweet science of boxing and the opportunity to apply those skills? Team Norfolk is the perfect program for you. Team Norfolk has developed State & Regional Champions on the Junior and Senior levels and produced its first professional fighter. Come and join Team Norfolk! Become a champion!!

Participants must be Norfolk residents and must possess a current Athletic I.D. Card issued by the City of Norfolk. Athletic I.D. Card costs \$5 (\$10 for ages 18 & up) and is valid for one year from date issued. Information on how to acquire an Athletic I.D. Card will be made available at time of registration. Participants involved in competition must pay a \$60 annual registration fee to USA Boxing. See Coach Gloria Peek for more information or contact (757) 441-2326 or 2787.

BARRAUD PARK BOXING CENTER HOURS			
DAYS	OFFICE HOURS	PARTICIPANT AGES	PROGRAM HOURS
MON -THU	1:00P-4:00P	BEGINNER JUNIOR (8-16)	4:00P-5:00P
		ADVANCED JUNIOR (8-16)	5:00P-7:00P
		SENIORS (17-33)	7:00P-9:00P
FRI	1:00P-3:30P	OPEN SESSION FOR ALL BOXERS	4:00P-6:00P
SAT & SUN	CLOSED	CLOSED	CLOSED



June 20, 2012
11:00a-6:00p
Northside Skate Park
8400 Tidewater Drive

Bowl Jam
Competitions:
Beginner,
Intermediate &
Advanced Divisions
Jam Contest
Best Trick Contest

Call 441-5835 for more info.



CLASSES FILL QUICKLY! REGISTER TODAY!



YOUTH SPORTS LEAGUES

Requirements for participation:

- Must be a resident of Norfolk.
- Must meet all age and weight requirements (if applicable) as specified for the sport.
- Child can play on only one (1) sports team per season.
- Must possess a current Athletic I.D. Card issued by the City of Norfolk. Athletic I.D. Card costs \$5 per child and is valid for one year from the date issued. Information on how to acquire an Athletic I.D. Card will be made available at time of registration.

Additional registration fees as well as equipment and supply costs may apply and are determined by the affiliate athletic association of your child's sports team. For contact information for individual athletic associations or additional information about youth sports leagues, call the Lakewood Athletic Office at (757) 441-5834 or 5835.

PLEASE NOTE THAT LAKEWOOD ATHLETIC OFFICE DOES NOT HAVE A TEAM BUT ONLY ASSISTS INDIVIDUALS WITH FINDING ATHLETIC ASSOCIATIONS LOOKING FOR PLAYERS.

FOOTBALL LEAGUE AGE DIVISIONS			
DIVISION	WEIGHT MAX	MIN AGE	MAX AGE
JUNIOR FLAG	NO LIMIT	5	7
SENIOR FLAG	NO LIMIT	8	9
TRAINING	105 LBS	8	9
PEE-WEE	129 LBS	8	9
MIDGET	144 LBS	10	11
BANTAM	167 LBS	12	14

YOUTH FOOTBALL | AGES: 5-14

(Age as of 9/01/12, refer to chart)

Registration: Mon, Jul 9-Fri, Aug 17

Season Begins: Sat, Sep 8

Coaches' Meeting: Sat, Aug 25 at 11:00a

Meeting Location: Lambert's Point Community Center

Learn the fundamentals of football in a safe and encouraging environment that emphasizes team work and good sportsmanship.

All interested players, teams and/or athletic organizations, please call (757) 441-5834 or 5835 for more information.

ADULT SPORTS LEAGUES

Enjoy fun, yet competitive sports play designed for the athlete, former athlete, aspiring athlete or the "not-so-athletic" athlete. Different leagues offer varying levels of competition. All games are assigned well-trained officials. To join or enter a team, call the Lakewood Athletic Office at (757) 441-5834 or 5835 for assistance or visit the office.

CO-ED SUMMER KICKBALL | AGES: 18 & UP

Registration: Mon, May 28-Fri, Jun 29

Season Begins: Thu, Jul 12

Coaches' Meeting: Thu, Jul 5 at 6:00p

Meeting Location: Lakewood Athletic Office

Team Fee: \$175/team

FALL SLOW-PITCH SOFTBALL (MEN, CO-ED, WOMEN) AGES: 18 & UP

Registration: Mon, Jul 2-Fri, Aug 3

Season Begins: Mon, Aug 12

Game Days: Mon-Sat

Team Fee: \$400/team

SLOW-PITCH SOFTBALL | 40 & BETTER

Registration: Mon, Aug 6-Fri, Sep 7

Season Begins: Thu, Sep 20

Game Days: Thu

Team Fee: \$200/team

SPORTS INSTRUCTIONAL PROGRAMS

Children & Teens

MARTIAL ARTS

Register for all martial arts courses at Norfolk Fitness & Wellness Center (NFWC) located at 7300 Newport Avenue. Instructor cannot accept registrations or payments. Additional fees for uniforms, etc. will be required. For additional information about the course, call Lakewood Athletic Office at (757) 441-5834 or 5835. Instructed by 6th Degree Black Belt, Mark Gerszewski.

TAE KWON DO | AGES: 5-17

Try this popular sport and exercise that knows no gender or age boundaries. Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline. Meets on a regular monthly schedule.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

TAE KWON DO I: YOUTH BEGINNING

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
47006-01	Tu/F	7/03-7/27	4:45p-5:45p	6/26	\$38/\$57
47006-02	Tu/F	8/07-8/31	4:45p-5:45p	7/31	\$38/\$57
47006-03	Tu/F	9/04-9/28	4:45p-5:45p	8/28	\$38/\$57

TAE KWON DO II: YOUTH INTERMEDIATE

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
47006-04	Tu/F	7/03-7/27	5:45p-6:45p	6/26	\$38/\$57
47006-05	Tu/F	8/07-8/31	5:45p-6:45p	7/31	\$38/\$57
47006-06	Tu/F	9/04-9/28	5:45p-6:45p	8/28	\$38/\$57

TAE KWON DO III: YOUTH ADVANCED

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
47006-07	Tu/F	7/03-7/27	6:45p-7:45p	6/26	\$38/\$57
47006-08	Tu/F	8/07-8/31	6:45p-7:45p	7/31	\$38/\$57
47006-09	Tu/F	9/04-9/28	6:45p-7:45p	8/28	\$38/\$57

RPOS STAFF LIKE TO PLAY TOO!

When work is over, the Recreation, Parks & Open Space staff like to play too! The RPOS softball team has been on a roll taking home the trophy in the recent Relay for Life softball tournament, hosted by the Norfolk Sheriff's Office, and defeating the Norfolk Police Department in a City of Norfolk show-down! It's not all fun and games though. RPOS staff work hard to make sure that you have fun athletic leagues to participate in too! We hope to see you on the field this summer and fall!



RPOS TO ANNOUNCE NEW & IMPROVED TENNIS PROGRAM!

The RPOS Athletic team is working diligently to create a new & improved tennis program for our participants. The final touches are currently being made and a revamped tennis program will be announced soon. The new program will be up and running for the summer season. For more information, contact the Lakewood Athletic Office at (757) 441-5835.

QUICK REFERENCE: NORFOLK SPORTS LEAGUES

ADULT SPORTS					
SPORT	AGES	SEASON	GAME SITES	COST	LEAGUE SANCTION
BASKETBALL (MEN'S & WOMENS)	18 & UP	MAR-MAY	FAIRLAWN, HUNTERSVILLE	\$450/TEAM	NONE (FOLLOW VHSL GUIDELINES)
MEN'S, WOMEN'S & CO-ED SOFTBALL	18 & UP	APR-AUG (SPRING) AUG-OCT (FALL)	LAKEWOOD, NORTHSIDE, POPLAR HALLS, SHERWOOD FOREST, TARRALLTON	\$400/TEAM	NONE
CO-ED KICKBALL	18 & UP	JUL-SEP	LARCHMONT	\$200/TEAM	NONE
CO-ED VOLLEYBALL	18 & UP	OCT-DEC	FAIRLAWN, NORVIEW, TARRALLTON, TITUSTOWN	\$175/TEAM	NONE
CO-ED DODGEBALL	18 & UP	MAR-MAY	TITUSTOWN	\$175/TEAM	NONE

YOUTH SPORTS					
SPORT	AGES	SEASON	GAME SITES	COST	LEAGUE SANCTION
FOOTBALL	5-14	SEP-NOV	LAKEWOOD, LARCHMONT, TAC, TARRALLTON	\$5/ATHLETIC ID CARD (PLUS ATHLETIC ASSOCIATION FEE)	NONE (FOLLOW VHSL GUIDELINES)
BASKETBALL	5-17	JAN-MAR	VARIOUS RECREATION CENTERS	\$5/ATHLETIC ID CARD (PLUS ATHLETIC ASSOCIATION FEE)	NONE (FOLLOW VHSL GUIDELINES)
BASEBALL	5-17	MAY-JUL	BARRAUD, FAIRLAWN, LAKEWOOD	\$5/ATHLETIC ID CARD (PLUS ATHLETIC ASSOCIATION FEE)	RBI
SOFTBALL	13-17	MAY-JUL	BARRAUD, FAIRLAWN, LAKEWOOD	\$5/ATHLETIC ID CARD (PLUS ATHLETIC ASSOCIATION FEE)	RBI
INDOOR SOCCER	5-16	NOV-JAN	FAIRLAWN, NORVIEW, SHERWOOD FOREST, TARRALLTON	\$5/ATHLETIC ID CARD (PLUS ATHLETIC ASSOCIATION FEE)	NONE (FOLLOW VHSL GUIDELINES)
OUTDOOR SOCCER	5-16	APR-JUN	LAKE TAYLOR COMPLEX	\$5/ATHLETIC ID CARD (PLUS ATHLETIC ASSOCIATION FEE)	NONE (FOLLOW VHSL GUIDELINES)
CO-ED VOLLEYBALL	8-17	JUN-JUL	FAIRLAWN, HUNTERSVILLE, SHERWOOD FOREST	\$5/ATHLETIC ID CARD (PLUS ATHLETIC ASSOCIATION FEE)	NONE (FOLLOW VHSL GUIDELINES)



CLASSES FILL QUICKLY! REGISTER TODAY!



ARTS & CRAFTS

REGISTRATION BEGINS JUNE 4.

TITUSTOWN VISUAL ARTS CENTER

7545 Diven Street
Norfolk, VA 23505
Office: (757) 441-1227
Fax: (757) 441-1279

VISUAL ARTS CENTER HOURS		
DAYS	OFFICE/REGISTRATION HOURS	INSTRUCTIONAL
MON - THU	10:00A-5:00P	9:00A-9:00P
FRI	10:00A-4:00P	9:00A-5:00P
SAT	10:00A-2:00P DURING SESSION ONLY	9:00A-2:00P
SUN	CLOSED	CLOSED



Gallery hours: Mon-Fri 10:00 am - 4:00 pm
Sat 10:00 am - 1:00 pm
Open Sat during sessions only

7545 Diven Street
Norfolk, VA 23505
757-441-1227

Titustown Recreation & Visual Arts Center

SUMMER EXHIBITION CALENDAR 2012

**Acrylic Painting by
Artist/Instructor Beverly Furman and Students
through June 22, 2012**

**Annual Traveling Artist Exhibit
Art Imitating Art History
July 1 - August 31, 2012**

CHILDREN'S ART

Students may display their finished projects in the annual Kids' Art Show. Parents will be required to pick up student artwork after the conclusion of the exhibit. Consult your course instructor for more information.
Students will be provided a listing of necessary materials at registration.

AROUND THE WORLD | AGES: 4-7

New

Journey around the art world and discover wonderful art forms and traditions. Create a Mimbres pot, an Aboriginal painting and learn to draw like an Egyptian! Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467844-04	Th	8/02-8/16	10:00a-11:00a	7/27	\$20/\$30

EXPRESSIVE IMPRESSIONS | AGES: 4-7

Make a lasting impression! Explore shapes, patterns and symmetry through clay hand-building and various printmaking activities. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467844-01	Th	7/12-7/26	4:00p-5:00p	7/06	\$30/45

DRAWING & PAINTING

CARTOONING | AGES: 8-17

Cartoons speak to children in a language they love--- fun and laughter! Develop basic skills in a simple format using circles, squares and rectangles. Bring a 14"x17" sketchbook, #2 pencils and a kneaded eraser to each class. Approximate cost of supplies is \$15. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-01	Tu	6/26-8/28	4:30p-5:30p	6/22	\$35/\$53

DINOSAURS UNCOVERED | AGES: 7-12

Uncover a new dinosaur every week! Learn to draw and paint dinosaurs from head to tail and various points of view. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-08	Tu	7/03-8/21	2:30p-3:30p	6/29	\$45/\$68

DREAM DRAWING | AGES: 8-12

Close your eyes and imagine! Create drawings from the fantastic imagery - the stories, scenery, and characters - that make up our dream worlds. Bring a 14" x 17" sketchbook, #2 pencils and a kneaded eraser to each class. Approximate cost of supplies is \$15. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-06	M	7/16-8/20	4:30p-5:30p	7/13	\$35/\$53

INSIDE THE BOX DRAWING | AGES: 12-17

Add the element of three-dimensionality to drawing. Tackle linear perspective and learn to construct the face and head while placing it inside the box! Bring a 14" x 17" sketchbook, drawing pencils and a kneaded eraser to each class. Approximate cost of supplies is \$15. Instructed by and drawing by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-07	Th	7/12-8/30	4:30p-6:00p	7/06	\$45/\$68



OIL PAINTING STUDIES | AGES: 12-17

Painting is about expression! Have fun learning to paint "alla-prima," directly and passionately, with oil paints. Approximate cost of supplies \$55. Instructed by Bernard Conda

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-05 F	7/20-8/24	10:00a-12:00n	7/13	\$50/\$75

PORTRAIT SCULPTURE | AGES: 12-17

Become a sculptor! Address the challenges of three-dimensionality and proportion while sculpting the human head with clay. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467853-07 W	7/25-8/22	3:30p-4:30p	7/20	\$45/\$68

PHOTOGRAPHY

"Photography takes an instant out of time, altering life by holding it still." -Dorothea Lange

BLACK & WHITE PHOTOGRAPHY: TEEN SELF-PORTRAITS AGES: 13-17

There is nothing more amazing than seeing a photograph come to life in the darkroom. Explore alternative ways to take self-portraits. A 35-mm camera is available for classroom use. Bring one roll of 35-mm black and white film to the first class. Students must purchase additional supplies that cost approximately \$20. Instructed by Lenore Teevan.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467823-02 Sa	7/28-8/25	10:00a-12:30p	7/27	\$75/\$113

COMPUTER ARTZ: ADOBE PHOTOSHOP® | AGES: 12-17

Equipment: Bring your laptop with Adobe Photoshop Elements® software (any version) installed to each class.

Discover Adobe Photoshop Elements®, a popular software program that turns photos into something unique! Transform images, using a variety of digital pictures, wild filters, attention-grabbing backgrounds and fonts.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467823-12 Tu	7/24-8/21	4:00p-5:00p	7/20	\$75/\$113

POTTERY

HAND BUILDING | AGES: 8-12

Form a new appreciation of clay by unearthing a variety of hand-building techniques. Projects will be glazed August 14th. Students must purchase additional supplies. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467824-14 Tu	7/03-8/07	10:30a-12:00n	6/29	\$35/\$53

THROWING ON THE WHEEL | AGES: 8-17

New students will learn about clay forms, tools, glazes and studio safety. Returning students will learn to alter forms and explore new types of decoration. Students must purchase additional supplies that cost approximately \$20. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467860-02 M	6/25-8/13	1:00p-3:30p	6/22	\$50/\$75
467824-12 M	6/25-8/13	6:00p-8:30p	6/22	\$50/\$75

SUMMER MINI-CAMPS & WORKSHOPS

Celebrate summer with a variety of art making experiences. Explore new places and cultures while enjoying drawing, painting and sculpting. Instructed by Shara Wertz.

ARTS OF CHINA | AGES: 8-17

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467863-01 M-F	6/25-6/29	12:30p-3:30p	6/22	\$65/\$98

ARTS OF THE RAINFOREST | AGES: 8-17

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467863-02 M-F	8/06-8/10	12:30p-3:30p	8/03	\$65/\$98

TILE PAINTING | AGES: 8 & UP

Design wildly colorful and exciting painted tiles. Glazes and brushes available for use, students required to purchase tiles. Fired projects may be picked up at a later date. Instructor: Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-12 W	7/11	2:30p-4:00p	7/06	\$35/\$53

SELF PORTRAIT PAINTING FOR TEENS | AGES: 13-17

Go out and paint yourself. Bring along a mirror & create a self portrait with oil paints. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-20 Sa	7/21	10:00a-1:00p	7/20	\$35/\$53
467856-21 Sa	8/18	10:00a-1:00p	8/17	\$35/\$53

ADULT ARTS & CRAFTS

A BIT OF VARIETY: THE SPICE OF LIFE

This section features arts and crafts of various topics. Take time to look at all the wonderful opportunities available to you!

CERAMICS | AGES: 18 & UP

Discover your individual style! Ceramics is all about the elements and principles of design, color, pattern, sheen, texture, shape and line. Students must purchase all supplies including greenware, glazes, brushes, etc. Approximate cost of supplies is \$25. Instructed by Rose Randall and Barbara Pope.

LOCATION: TARRALLTON RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
462804-01 M	6/25-8/27	10:00a-12:30n	6/22	\$40/\$60
462804-02 M	6/25-8/27	1:00p-3:30p	6/22	\$40/\$60

DRAWING | AGES: 18 & UP

Explore line, perspective, shading, shapes and textures while practicing the fundamentals of drawing. Bring a 14x17" sketchbook, #2 pencils and a kneaded eraser to each class. Approximate cost of supplies is \$15. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467810-01 M	7/09-8/27	6:30p-8:30p	7/06	\$50/\$75



CLASSES FILL QUICKLY! REGISTER TODAY!



GLASS

MOSAICS | AGES: 18 & UP

Equipment: Safety glasses are required. Tools are available for classroom use only. Go ahead and break something! Create designs by adhering tiles, glass, and/or broken crockery onto an interesting surface! Students must purchase their own supplies. Approximate cost of supplies is \$25. Instructed by Doris Ogg.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467818-01 W	7/11-8/29	10:00a-12:30p	7/06	\$50/\$75

STAINED GLASS

Supplies: Students must purchase supplies. Costs will vary depending on individual choice of glass. Initial cost of start-up supplies is approximately \$50-75. Supply list provided at first class.

Equipment: Safety glasses are required.

BEGINNERS STAINED GLASS | AGES: 18 & UP

Explore light and color in this introduction to the art of stained glass! Beginning projects teach glass-cutting, copper foil technique, lead coming technique and soldering. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467832-01 W	7/11-8/29	6:30p-9:00p	7/06	\$55/\$83

INTERMEDIATE STAINED GLASS | AGES: 18 & UP

Prerequisite: Completion of Beginners Stained Glass or equivalent skill level. Instructor's permission required.

Build and refine skills in cutting, foiling, lead coming and soldering. Students will construct a flat panel lamp. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467832-02 M	7/09-8/27	6:30p-9:00p	7/06	\$55/\$83

ADVANCED STAINED GLASS | AGES: 18 & UP

Prerequisite: Completion of Intermediate Stained Glass or equivalent experience. Instructor permission required

Develop and challenge your skills by constructing a Tiffany-style lamp or a project of your choice. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467832-03 M	7/09-8/27	6:30p-9:00p	7/06	\$55/\$83

JEWELRY

SILVER JEWELRY | AGES: 18 & UP

Students of all levels work independently with the guidance of teaching staff to develop individual designs while learning to saw, file, solder and polish metal. Beginning students should be able to bezel set a stone by the completion of this session. Advancing students will refine skills and learn additional techniques. Tools are available for classroom use. Students must purchase supplies that cost approximately \$25-\$75 depending on project selection. Call (757) 441-1227 for supply list. Instructed by Fred and Barbara Mason.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467830-03 Tu	6/26-8/28	10:00a-12:00n	6/22	\$55/\$83
467830-04 Tu	6/26-8/28	6:30p-8:30p	6/22	\$55/\$83
467830-01 Th	6/28-8/30	6:30p-9:00p	6/22	\$55/\$83
467830-05 Sa	6/30-8/18	10:00a-12:30p	6/22	\$55/\$83

PAINTING

ACRYLIC PAINTING | AGES: 18 & UP

Explore the brilliance and versatility of acrylic paints. Build new skills in all aspects of painting on canvas while participating in both individual and group projects. Students must purchase supplies that cost approximately \$75-100. Instructed by Beverly Furman.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467820-05 Th	6/28-8/03	1:00p-3:00p	7/06	\$50/\$75

ORIENTAL BRUSH PAINTING: SUMI-E | AGES: 18 & UP

Bring nature to life, express the essence of a painting with the beauty and grace of simple brush strokes. Students must purchase supplies that cost approximately \$30. Supply list provided at the first class. Instructed by Joan Grosch.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467822-02 W	6/27-8/01	10:00a-12:00n	6/22	\$23/\$35

Note: No class Jul 4.

PHOTOGRAPHY

BLACK & WHITE PHOTOGRAPHY | AGES: 18 & UP

Equipment: Students must bring a 35mm camera for use during class.

Black and white photography is a classic art form. Learn to get the best results from your camera and develop photos in a darkroom designed for 35mm processing. Students must purchase supplies that cost approximately \$30. Instructed by Randy Whitehurst.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467823-01 Tu	7/10-8/28	6:00p-8:30p	7/06	\$125/\$188

DIGITAL PHOTOGRAPHY & ADOBE PHOTOSHOP® AGES: 18 & UP

Equipment: Bring your laptop installed with Adobe Photoshop Elements® and your favorite digital photos on a CD, memory card or flash drive.

Learn how to use your digital camera, and understand how to use Adobe Photoshop® software to transform your images into something unique.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467823-22 Th	7/19-8/16	6:30p-7:30p	7/13	\$125/\$188

POTTERY

CLAY DESIGN | AGES: 18 & UP

Explore various methods of hand-building, sculpting tile making and throwing on the wheel. Delve into an assortment of clay design techniques including sgraffito, clay inlay, slip trailing, and sprigging. Finishing touches will include the application of engobes, oxides, stains and glazes. Students must purchase additional supplies that cost approximately \$20. Instructed by Doris Ogg.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
468824-09 F	6/29-8/31	10:00a-12:00n	6/22	\$50/\$75

CLAY HAND BUILDING & SCULPTURE | AGES: 16 & UP

Sink your hands into this forgiving art form. Learn to use various coil, slab, drape, pinch and glazing techniques. Students must purchase additional supplies that cost approximately \$20. Instructed by Cindy Ogle.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
468820-01 Tu	6/26-8/28	10:00a-12:00n	6/22	\$45/\$68



POTTERY ON THE WHEEL: BEGINNER-ADVANCED AGES: 18 & UP

Learn how to center, throw and glaze as well as how to use equipment properly and safely. Students must purchase additional supplies that cost approximately \$25. Instructed by Pam Gray (Titustown); Doris Ogg (Norview).

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467824-02	Tu	6/26-8/28	6:30p-8:30p	6/22	\$50/\$75
467824-04	W	6/27-9/05	10:00a-12:00n	6/22	\$50/\$75
467824-01	W	6/27-9/05	6:30p-8:30p	6/22	\$50/\$75
467824-08	Th	6/28-8/30	6:30p-8:30p	6/22	\$50/\$75

Note: No class Jul 4.

LOCATION: NORVIEW RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468821-03	M	6/25-8/27	10:30a-12:30p	6/22	\$50/\$75
468821-02	Tu	6/26-8/28	6:30p-8:30p	6/22	\$50/\$75
468821-04	Th	6/28-8/30	10:30a-12:30p	6/22	\$50/\$75

POTTERY ON THE WHEEL: INTERMEDIATE AGES: 18 & UP

Prerequisite: Completion of the introductory course or equivalent skill level. Must have experience centering clay and throwing forms to include cylinders and bowls.

Explore the mystery of the ancient craft of throwing clay on the potter's wheel. Expand your skills in centering, form and glazing. Students must purchase additional supplies that cost approximately \$25. Instructed by Mildred Tickle.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467824-06	Tu	6/26-8/28	10:00a-12:00n	6/22	\$50/\$75

POTTERY ON THE WHEEL: ADVANCED | AGES: 18 & UP

Prerequisite: Completion of the intermediate course or equivalent skill level. Instructor permission required.

Develop new skills while focusing on simplicity of form, balance and proportion. Use color and design to compliment your work. Students must purchase additional supplies that cost approximately \$25. Instructed by Mildred Tickle.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467824-05	F	6/29-8/31	10:00a-12:00n	6/22	\$50/\$75

TEXTILES

QUILTING FOR BEGINNERS | AGES: 18 & UP

Quilt the time-honored way --- by hand. Learn to cut, piece, sew and finish a quilt. Explore design, composition and color as well. Students must purchase supplies that cost approximately \$30. Instructed by Edith Hughes.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467826-07	M	6/25-8/27	10:00a-12:00n	6/22	\$40/\$60
467826-03	Tu	6/26-8/28	6:30p-8:30p	6/22	\$40/\$60
467826-01	Th	6/28-8/30	10:00a-12:00n	6/22	\$40/\$60
467826-02	Th	6/28-8/30	6:30p-8:30p	6/22	\$40/\$60

QUILTING BEE | AGES: 18 & UP

Prerequisite: For experienced quilters only. Instructor permission required.

Enjoy the heirloom art form of quilting. Bring your latest quilting project to work on while keeping good company with fellow quilters. Instructed by Edith Hughes.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467826-08	M	6/25-8/27	10:00a-12:00n	6/22	\$20/\$30
467826-06	Tu	6/26-8/28	6:30p-8:30p	6/22	\$20/\$30
467826-04	Th	6/28-8/30	10:00a-12:00n	6/22	\$20/\$30
467826-05	Th	6/28-8/30	6:30p-8:30p	6/22	\$20/\$30

SLIPCOVERS | AGES: 16 & UP

Give worn furniture a fresh look. Learn to measure, cut and construct slipcovers. Space limited, only slipcovers for chairs permitted. Students must purchase supplies that cost approximately \$30. Instructed by Deloris Johnson.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468825-01	W	6/27-9/05	10:00a-12:00n	6/22	\$50/\$75

Note: No class Jul 4.

CURTAINS, CLOTHES, HATS & ACCESSORIES AGES: 16 & UP

Equipment: Classroom sewing machines are available. However, students are encouraged to bring their own. If you plan to purchase a machine, feel free to consult with the instructor for guidance.

Make a new hat or restore an old favorite. Learn to use clothing patterns to piece together the latest styles. Dress up the view with custom-made window treatments. Students must purchase supplies that cost approximately \$30. Instructed by Deloris Johnson.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468826-01	Tu	6/26-8/28	6:30p-8:30p	6/22	\$50/\$75

POTTERY & HAND BUILDING OPEN STUDIO GUIDELINES

Open Studio time is available at Titustown Visual Arts Center and Norview Community Center for registered pottery wheel and hand-building students at no additional cost. Students can work on their skills in the pottery studio where they attend class only. Time is limited to 20 total hours and is on the honor system. Studio hours are posted and are subject to change each quarter based on course schedules. Guidelines for All Students:

- Over-sized or hand-built pieces can only be made with approval of studio staff. Creation of production pottery is not permitted. Studio resources cannot support this. The studio is intended to be a learning environment only.
- Glazing must be done under the guidance of studio staff.
- Only work produced during actual class time can be fired.
- Kilns are fired only when filled to capacity. Firing will conclude the final week of classes.
- Participants must clean wheels thoroughly after each use. Prior to leaving the studio, all workspaces must be cleaned, to include the sink area.



CLASSES FILL QUICKLY! REGISTER TODAY!



VISUAL ARTS SUMMER WORKSHOPS

BEESWAX PHOTO COLLAGE/MIXED MEDIA

AGES: 18 & UP

Gather like bees! Create a multi-media collage by placing photographs, text and three-dimensional objects between layers of beeswax. Call 441-1227 for supply list. Instructor: Leigh Babcock.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-01	Sa	8/25	10:00a-1:00p	8/24	\$35/\$53

HOT GLASS WORKSHOP | AGES: 18 & UP

Enjoy a unique art experience with a one-day workshop in fusing, slumping, surface etching or Dalle de Verre (also known as faceted glass). Encourage a friend to register, too! Students must purchase supplies that cost approximately \$10-\$15. There will be a 30-minute break for lunch. Bring a bagged lunch and drink. Limited class size. Instructed by Fred Scarlott and Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-06	F	7/27	10:00a-2:00p	7/20	\$35/\$53

New SEWING 101 | AGES: 18 & UP

A practical workshop for beginners! Understand the basics of operating a sewing machine and how to custom a sewing pattern. Instructed by Deloris Johnson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-14	Sa	6/30	10:00a-1:00p	6/29	\$35/\$53

WELCOME TO WATERCOLORS | AGES: 18 & UP

A watercolor painting can create a sense of mystery, excitement or stunning realism. Learn to use brush strokes, color and composition to open the door to a fresh world of painting. Call 441-1227 for supply list. Instructed by Yvonne Wilson Boone.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-08	Sa	8/11	10:00a-1:00p	8/10	\$35/\$53

New WOOD FURNITURE REPAIR | AGES: 18 & UP

Learn to correctly repair a wooden chair or small piece of furniture in a short time. No tools required. Limited class size. Small furniture only please. Instructed by Art Green.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

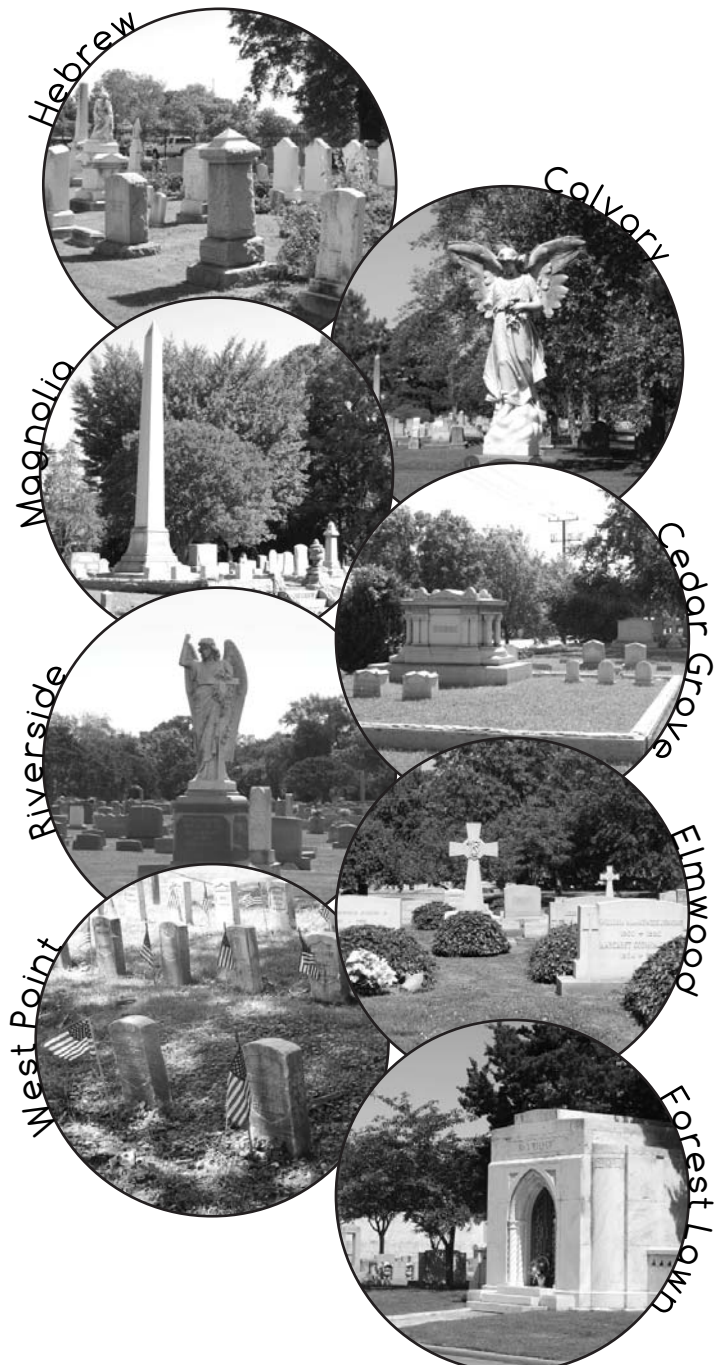
ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-23	Sa	8/04	10:00a-1:00p	8/03	\$35/\$53

Register for the Visual Arts Rainforest Workshop to create drawings like this, created by Emma Hemmingway.



CEMETERY EVENTS

Join us this summer at Norfolk's eight historic cemeteries for fun, learning, history, tree tours and more! Cemeteries are a great place to learn about your family and the city of Norfolk's history, while enjoying breathtaking scenery and horticulture. Norfolk's cemeteries are also always looking for volunteers to help perform various tasks. To receive more information on special events and volunteer opportunities, call (757)441-2654 or visit www.norfolk.gov/cedar-grave.



DANCE & MUSIC

REGISTRATION BEGINS JUNE 4.

LAKEWOOD DANCE & MUSIC CENTER

1612 Willow Wood Drive

Norfolk, VA 23509

Office: (757) 441-5833

Fax: (757) 441-5905

LAKEWOOD DANCE & MUSIC CENTER HOURS	
DAYS	OFFICE HOURS
MON -THU	9:30A-1:00P; 3:00P-6:00P
FRI	9:30A-1:00P; 3:00P-5:00P
SAT	CLOSED
SUN	CLOSED
DAYS	INSTRUCTIONAL HOURS (SUBJECT TO CLASSES)
MON	9:30A- 12:00N; 3:30P-9:30P
TUE	9:30A-11:30A; 4:00P-9:00P
WED	9:30A-12:30P; 3:30P-9:30P
THU	9:30A-12:00N; 2:00P-9:30P
FRI	9:30A-11:30A; 2:00P-7:00P
SAT	9:30A-2:00P

CITY OF NORFOLK DEPARTMENT OF RECREATION, PARKS & OPEN SPACE
AND THE LAKEWOOD DANCE/MUSIC ADVISORY COMMITTEE PRESENT

Annual Dance Recital Sat. June 16/5:00p

Harrison Opera House
160 E. Virginia Beach Blvd., Norfolk, VA 23510
Tickets \$10 per person
(Ticketmaster surcharges apply.)

Tickets are sold at The Scope Box Office, 201 E. Brambleton Ave., Norfolk. Ticket sales dates will be announced in class. Box office hours are Mon-Fri, 10:00a-5:00p. Tickets are also available online at www.ticketmaster.com. Accepted forms of payment include cash (in person only) or credit card (AMEX, Visa, MC or Discover). Ticketmaster surcharges apply. Amount will vary depending on transaction. If not sold out, tickets will be available one (1) hour prior to the show at Harrison Opera House. For more information, call Lakewood Dance & Music Center at (757) 441-5833.

Note: All sales are final. All persons regardless of age must have a ticket for this event. Take care to consider whether a young child can sit through this performance. Be aware that children who are disruptive will not be allowed to remain in the theater. Be considerate of others in the audience and of your little one's comfort. Performers do not need a ticket.

Note: Parents picking up minor children must arrive five to ten minutes before class ends.

DANCE PROGRAM DRESS CODES

Ballet & Aspiring Little Dancers:

Gals' dress code: Leotard (any color), pink tights and pink ballet slippers. Hair must be up off the neck.

Guys' dress code: White t-shirt, sweat pants and black ballet slippers.

Pre-Point and Pointe: See instructor for proper shoes and fit.

Jazz:

Gals' dress code: Leotard (any color), pink tights and pink ballet slippers or jazz shoes. Hair must be up off the neck. Leggings and jazz pants may be worn if not covering feet.

Guys' dress code: White t-shirt, sweat pants and black jazz shoes or ballet slippers.

Contemporary Jazz/Lyrical:

Dress code: Conservative jazz or ballet clothing (any color).

Footwear: Dance sandals, dance peds or bare feet.

Tap:

Dress: Any comfortable non-binding clothing that does not hinder movement.

Pants must not be so long that they cover the ankles and feet.

Footwear: Black tap shoes must be worn.

Hip Hop:

Dress Code: Conservative jazz, ballet or athletic clothing (any color).

Footwear: Ballet slippers, jazz or tennis shoes (any color).

Ethnic:

Dress Code: Any comfortable non-binding clothing that does not hinder movement

Footwear: Bare feet only, please.

Ballroom:

Dress Code: Any comfortable non-binding clothing that does not hinder movement.

Footwear: Jazz shoes or hard sole shoes with a smooth non-gripping surface; no rubber sole shoes.

BALLET, TAP & JAZZ FOR ALL AGES

ASPIRING LITTLE DANCERS: AGES 2-6

CREATIVE DANCE: MOMMY & ME | AGES: 2-4

Learn basic rhythms through the use of percussion instruments and social skills through fun and exciting games. Fee includes parent and one child. Parent must participate with child at every class and should wear comfortable clothing that allows for ease of movement.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438303-01	M	6/25-8/27	11:00a-12:00n	6/22	\$64/\$96

CREATIVE DANCE I | AGES: 4-6

The world of dance introduces children to self-awareness and self-expression. Students develop coordination, basic motor skills and social skills while interacting with other children.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438301-01	Th	6/28-8/30	3:30p-4:30p	6/22	\$32/\$48
438301-04	Sa	6/30-9/01	10:30a-11:30a	6/22	\$32/\$48

CREATIVE DANCE II | AGES: 5-6

Prerequisite: Five-year-olds must have completed three consecutive sessions of Creative Dance I. New six-year-old students must have completed a minimum of one session of Creative Dance I.

Continue to grow and expand on the basic skills already learned in Creative Dance I.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438302-02	Sa	6/30-9/01	9:30a-10:30a	6/22	\$32/\$48



CLASSES FILL QUICKLY! REGISTER TODAY!



BALLET: AGES 7 & UP

BALLET I: LEVEL A | AGES: 7-13; 13 & UP

Class includes barre work, basic ballet skills, attention to posture and safe stretching techniques.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES: 7-13

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438306-01	Sa	6/30-9/01	11:30a-12:30p	6/22	\$32/\$48

LOCATION: NORFOLK FITNESS & WELLNESS CENTER: AGES: 7-13

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438306-02	Tu	6/26-8/28	5:30p-6:30p	6/22	\$32/\$48

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES: 13 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438341-02	W	6/27-8/29	7:00p-8:00p	6/22	\$29/\$44
438341-03	Sa	6/30-9/01	9:30a-10:30a	6/22	\$32/\$48

Note: No class July 4.

BALLET I: LEVEL B | AGES: 7-13

Prerequisite: Ballet I, Level A or equivalent dance skills. Instructor permission required.

Study emphasizes more advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438306-06	Th	6/28-8/30	4:30p-5:30p	6/22	\$32/\$48

BALLET I: LEVEL C | AGES: 8-13

Prerequisite: Ballet I, Level B or equivalent dance skills. Instructor permission required.

Study emphasizes more advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438306-05	F	6/29-8/31	5:30p-6:30p	6/22	\$32/\$48

BALLET II | AGES: 9-18; 13 & UP

Prerequisite: Completion of Ballet I or equivalent dance skills. Instructor permission required.

Study emphasizes more advanced barre work, center work and ballet skills. Participation in a second ballet course per week is strongly recommended.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES: 9-18

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438308-01	F	6/29-8/31	4:00p-5:30p	6/22	\$45/\$68

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES: 13 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438342-01	W	6/27-8/29	8:00p-9:30p	6/22	\$41/\$62

Note: No class July 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER: AGES: 13 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438342-02	Sa	6/30-9/01	11:00a-12:30p	6/22	\$45/\$68

BALLET III | AGES: 11-18

Prerequisite: Completion of Ballet II or equivalent dance skills. Instructor permission required.

Continue a more serious study of steps and techniques with an emphasis on performance. Strengthen technical skill at an intermediate level with an emphasis on proper technique, strength and coordination. Participation in a second ballet course per week is strongly recommended.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438309-01	Th	6/28-8/30	4:00p-5:30p	6/22	\$45/\$68

BALLET III TECHNIQUE | AGES: 13 & UP

Prerequisite: Completion of Ballet III or equivalent dance skills. Instructor permission required.

Strengthen technical skill at an advanced level with an emphasis on proper technique, strength and coordination. Participation in a second ballet course per week is strongly recommended.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438309-05	Sa	6/30-9/01	12:30p-2:00p	6/22	\$45/\$68

BALLET APPRENTICE PROGRAM

The Ballet Apprentice Program is for the serious, committed dance student. Certain prerequisites must be met and instructor's permission is required to enroll. These courses focus solely on technique. There will be no rehearsal or performance included in the dance recitals.

APPRENTICE BALLET I/II TECHNIQUE | AGES: 9 & UP

Prerequisite: Ballet II or equivalent dance skills. Must be currently enrolled in any Ballet II or III course to participate in this course. Instructor permission required.

Study emphasizes more advanced barre work, center work and ballet skills.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438304-01	Tu	6/26-8/28	4:15p-5:15p	6/22	\$32/\$48

APPRENTICE BALLET III TECHNIQUE: PRE-POINTE | AGES: 11 & UP

Prerequisite: Ballet III or equivalent dance skills. Must be enrolled in any Ballet III or higher course to participate in this course. Instructor permission required.

Continue your ballet training in this structured and disciplined classical ballet technique course. Gain strength in the ankles and feet in preparation for pointe work.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438305-01	F	6/29-8/31	4:00p-5:00p	6/22	\$32/\$48

APPRENTICE BALLET IV: BEGINNING POINTE | AGES: 11 & UP

Prerequisite: Ballet III or equivalent dance skills. Must be enrolled in two ballet classes per week to participate in this course. Enrollment in Apprentice Ballet III is strongly recommended. Instructor permission required.

Strengthen technical skill at an intermediate level with an emphasis on proper technique, strength and coordination.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438307-01	F	6/29-8/31	5:00p-6:00p	6/22	\$32/\$48

LAKEWOOD BALLET COMPANY

To participate in Ballet Company courses, students must be able to confidently execute intermediate level pointe work and ballet technique. A very strong commitment to dance is expected. This is a performing company which requires extra rehearsal time that may include weekend rehearsals. If you are interested in progressing in Ballet Company, participation in three or more ballet classes per week is recommended. Company members are required to participate in "Dance Magic" and June Dance Recitals.

JUNIOR COMPANY | AGES: 12 & UP

Prerequisite: Completion of Apprentice Ballet III and Beginning Pointe or equivalent dance skills. Instructor permission required.

Learn classical ballet technique in this structured and disciplined course. Emphasis is placed on understanding ballet terminology, proper execution of steps and placement and musicality. Build strength and flexibility while learning more challenging steps and combinations. Pointe work is continued at this level.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438314-01	M/F	6/25-8/31	*	6/22	\$117/\$176

*Mon meets 4:00p-6:00p; Fri meets 5:00p-7:00p.



BALLET COMPANY I | AGES: 13 & UP

Prerequisite: Completion of Junior Company or equivalent dance skills. Instructor permission required.

Strengthen technical skill at an intermediate level with an emphasis on proper technique, strength and coordination, increasing flexibility, as well as exactness and power while dancing. Pointe work is continued at this level. Weekly extra rehearsal time required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438310-01	M/W	6/25-8/29	*	6/22	\$111/\$167

*Mon meets 4:00p-6:30p; Wed meets 4:00p-5:30p.

Note: No class July 4.

BALLET COMPANY II | AGES: 14 & UP

Prerequisite: Completion of Ballet Company I or equivalent dance skills. Dancer must have a strong commitment to dance. Instructor permission required.

Emphasis will be placed on technical vocabulary as well as an accurate understanding of correct placement and strong technical execution of steps. Intermediate and advanced pointe work will be taught.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438311-01	M/W	6/25-8/29	*	6/22	\$111/\$167

*Mon meets 4:00p-6:30p; Wed meets 4:00p-5:30p.

Note: No class July 4.

JAZZ: AGES 7 - ADULT

JAZZ DANCE I | AGES: 7-15

Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies, on musical theater stage and television. Class will include various styles, basic patterns and techniques of jazz dance.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438316-01	Th	6/28-8/30	6:30p-7:30p	6/22	\$32/\$48

JAZZ DANCE II | AGES: 9-16; 16 & UP

Expand on the styles, terminology and techniques of jazz dance. This intermediate class has an emphasis on performance.

AGES 9-16

Prerequisite: Completion of a minimum of three sessions of Jazz I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438317-01	Th	6/28-8/30	5:30p-6:30p	6/22	\$32/\$48

AGES 16 & UP

Prerequisite: Completion of Jazz I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438354-01	W	6/27-8/29	6:00p-7:00p	6/22	\$29/\$44

Note: No class July 4.

JAZZ DANCE III | AGES: 12-17; 16 & UP

Continue your jazz training with an emphasis on performing.

AGES 12-17

Prerequisite: Completion of Jazz I and II or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438318-01	Tu	6/26-8/28	6:00p-7:00p	6/22	\$32/\$48

AGES 16 & UP

Prerequisite: Minimum of three years of Jazz or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438355-01	Tu	6/26-8/28	6:30p-8:00p	6/22	\$45/\$68

JAZZ DANCE IV/CONTEMPORARY | AGES: 14 & UP

Prerequisite: Requires advanced dance skills and a strong commitment to dance.

Instructor permission required.

Explore the movement and expression of contemporary, jazz and modern dance.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

Activity #	Day	Date	Time	Reg by	Fee/NR Fee
438356-01	W	6/27-8/29	5:30p-6:30p	6/22	\$29/\$44

Note: No class July 4.

TAP: AGES 7-ADULT

TAP DANCE I: LEVELS A & B | AGES: 7-15; 14 & UP

Learn different styles and techniques of the only dance form that has its origins in America. Tap is easy to learn, and a fun, excellent way to exercise and develop a sense of rhythm.

LEVEL A:

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES 7-15

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438324-01	Tu	6/26-8/28	4:00p-5:00p	6/22	\$32/\$48
438324-03	Sa	6/30-9/01	10:30a-11:30a	6/22	\$32/\$48

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES 14 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438358-01	M	6/25-8/27	7:30p-8:30p	6/22	\$32/\$48

LEVEL B

Prerequisite: Completion of Tap I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES 14 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438358-03	M	6/25-8/27	6:30p-7:30p	6/22	\$32/\$48

TAP DANCE II | AGES: 9-15; 16 & UP

Expand on the basics learned in Tap I.

AGES 9-15

Prerequisite: Completion of a minimum of three sessions of Tap I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438325-01	Tu	6/26-8/28	5:00p-6:00p	6/22	\$32/\$48
438325-02	Sa	6/30-9/01	11:30a-12:30p	6/22	\$32/\$48

AGES 16 & UP

Prerequisite: Completion of Tap I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438359-01	M	6/25-8/27	7:30p-8:30p	6/22	\$32/\$48
438359-03	Th	6/28-8/30	11:00a-12:00n	6/22	\$32/\$48

TAP DANCE III | AGES: 12-15; 16 & UP

Continue your tap training with an emphasis on performing.

AGES 12-15

Prerequisite: Completion of Tap I and II or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438326-01	Tu	6/26-8/28	4:00p-5:00p	6/22	\$32/\$48

AGES 16 & UP

Prerequisite: Minimum of three years of Tap or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438360-01	W	6/27-8/29	7:00p-8:00p	6/22	\$29/\$44

Note: No class July 4.



CLASSES FILL QUICKLY! REGISTER TODAY!



TAP DANCE IV | AGES: 14-18

Prerequisite: Requires advanced dance skills and a strong commitment to dance.
Instructor permission required.

Advanced tap dancers will be challenged to improve tap technique and knowledge.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438327-01	Tu	6/26-8/28	5:00p-6:00p	6/22	\$32/\$48

CONTEMPORARY & MODERN DANCE

LYRICAL DANCE | AGES: 16 & UP

Prerequisite: Requires advanced dance skills and a strong commitment to dance.
Instructor permission required.

Lyrical Dance is an emotionally-charged, ballet-based dance form that also combines modern technique.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438365-01	Tu	6/26-8/28	8:00p-9:00p	6/22	\$32/\$48

HIP-HOP DANCE | AGES: 7-13; 14 & UP

Enjoy the energetic and self-expression of hip-hop dance. These fast-paced classes are designed for those who want to experience a fun and free form of dance.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438313-01	Th	6/28-8/30	5:30p-6:30p	6/22	\$32/\$48

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES 14 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438363-01	W	6/27-8/29	8:00p-9:00p	6/22	\$29/\$44

Note: No class July 4.

BALLROOM & LINE DANCE

SOCIAL DANCE: BALLROOM & LATIN | AGES: 16 & UP

Make your way to the ballroom dance floor. Learn the steps to favorites such as the Waltz, Swing, Fox Trot, Rumba, Cha-cha and Tango. Dances will be covered as time permits. Call (757) 441-5833 to see what dances are being covered in this session. It is strongly recommended to sign up with a partner. Individual students may pair up, if desired, but having a partner is not guaranteed.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438343-01	M	6/25-8/27	8:30p-9:30p	6/22	\$32/\$48

ETHNIC DANCE (FEMALES ONLY)

BELLY DANCE I | AGES: 16 & UP

Have fun and tone your muscles while exploring the ancient art of Middle Eastern Belly Dance. Learn warm-ups, basic moves and isolations, choreography and self-interpretation of music.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438345-01	Th	6/28-8/30	7:30p-8:30p	6/22	\$32/\$48

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438345-02	Th	6/28-8/30	5:30p-6:30p	6/22	\$32/\$48

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438345-03	Tu	6/26-8/28	11:00a-12:00n	6/22	\$32/\$48

BELLY DANCE II | AGES: 16 & UP

Prerequisite: Must have taken Belly Dance I at least three sessions with regular attendance. Preferable to have performed in at least one Norfolk Recreation Recital in a Belly Dance class. Audition for instructor and instructor permission required. Continue to perfect basic technique from Belly Dance I. Combinations, veil work and zils will be introduced.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438346-01	M	6/25-8/27	6:45p-7:45p	6/22	\$32/\$48

BELLY DANCE III | AGES: 16 & UP

Prerequisite: Must have taken Belly Dance II at least six sessions with regular attendance. Preferable to have performed in at least two Norfolk Recreation Recitals in a Belly Dance II classes. Must demonstrate proficiency in basic veil and zil technique. Audition for instructor and instructor permission required.

Students will enhance their performance skills by participating in impromptu solo exercises during class; performing a solo dance; and choreographing a dance and teaching it to the class.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438347-01	Th	6/28-8/30	8:30p-9:30p	6/22	\$32/\$48

HAWAIIAN MU'U MU'U MAMAS I | AGES: 30 & UP

Are you a die-hard romantic? Learn the hula to all the classic love songs. Dance your heart out and get a light dose of exercise and stretching in this course designed for women.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438367-01	M	6/25-8/27	10:00a-11:00a	6/22	\$32/\$48

CITY OF NORFOLK DEPARTMENT OF
RECREATION, PARKS & OPEN SPACE PRESENTS

SPRING 2012 MUSIC RECITAL SUN, JUNE 3/2:00P

Norfolk Masonic Temple
7001 Granby Street, Norfolk, VA 23505
Tickets \$5 per person
(Purchase at the door)

For more information, call the
Lakewood Dance/Music Center at (757) 441-5833.



MUSIC INSTRUCTIONAL PROGRAM

Private Music Instruction

Available for Ages 7 & Up

REGISTRATION DEADLINE: JUNE 22ND

Private lessons are available at any level for piano, voice, guitar (acoustic and electric), strings (violin, viola, cello), percussion, banjo, mandolin, harmonica, and lap dulcimer (mountain dulcimer).

Classes fill quickly, so register early.

Private lessons are held at Lakewood Dance & Music Center as well as Norfolk Fitness & Wellness Center. However, registration is handled in person at the Lakewood Dance & Music Center only. Cost is \$110 per course. Wednesday courses are \$99. M, Tu, Th, F courses meet ten times. Wed course meets nine times. Only Norfolk residents may enroll in private music lessons. See page 37 for additional registration information.

MON: 6/25-8/27

TUE: 6/26-8/28

WED: 6/27-8/29

THU: 6/28-8/30

FRI: 6/29-8/31

NOTE: NO CLASS JULY 4.

A list of required materials will be provided by the course instructor at the first class.

GUITAR & UKELELE

BEGINNER GUITAR | AGES: 7-10; 11 & UP

Equipment: Bring acoustic or electric guitar.

Learn basic beginner guitar skills and play your first tunes! Lesson materials cost approximately \$7.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER: AGES 7-10

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438537-01	Tu	6/26-8/28	5:00p-5:30p	6/22	\$32/\$48
438537-02	W	6/27-8/29	5:30p-6:00p	6/22	\$29/\$44
438537-03	Th	6/28-8/30	5:00p-5:30p	6/22	\$32/\$48
438537-04	Th	6/28-8/30	6:30p-7:00p	6/22	\$32/\$48

Note: No class July 4.

AGES 11 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438508-01	Tu	6/26-8/28	4:00p-5:00p	6/22	\$37/\$56
438508-02	W	6/27-8/29	1:30p-2:30p	6/22	\$33/\$50
438508-03	W	6/27-8/29	6:00p-7:00p	6/22	\$33/\$50

Note: No class July 4.

ADVANCED BEGINNER GUITAR I | AGES: 8-12

Prerequisite: Completion of Beginner Guitar or equivalent skills. Instructor permission required.

Equipment: Bring acoustic or electric guitar.

As a continuation of Beginner Guitar, students focus on completing Hal Leonard Guitar Method, Book 1. Lesson materials cost approximately \$7.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438538-01	Th	6/28-8/30	5:30p-6:00p	6/22	\$32/\$48

ADVANCED BEGINNER GUITAR II | AGES: 8-12

Prerequisite: Completion of at least one session of Advanced Beginner Guitar I.

Instructor's permission required.

Equipment: Bring acoustic or electric guitar.

Build on Advanced Beginner Guitar I concepts and learn new chords.

Students will study selections from the last half of the Hal Leonard Guitar Method, Book 1. Lesson materials cost approximately \$7.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438536-01	Th	6/28-8/30	6:00p-6:30p	6/22	\$32/\$48

INTERMEDIATE GUITAR | AGES: 11 & UP

Prerequisite: Completion of Beginner Guitar or equivalent skills. Instructor permission required.

Equipment: Bring acoustic or electric guitar.

Students will review beginner guitar concepts and learn more difficult chords and rhythms. Lesson materials cost approximately \$7.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438509-01	W	6/27-8/29	7:00p-8:00p	6/22	\$33/\$50

Note: No class July 4.

UKELELE | AGES: 7-10; 11 & UP

Equipment: Limited ukeleles available. Please notify staff at registration if one is needed.

Have you ever thought about playing the ukulele but not sure if you would like it? You will learn ukulele basics and decide if it is right for you. Teacher will provide lesson materials

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

AGES 7-10

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438523-01	Tu	6/26-8/28	5:30p-6:00p	6/22	\$32/\$48

AGES 11 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438523-02	Tu	6/26-8/28	6:00p-7:00p	6/22	\$37/\$56

PERCUSSION (DRUMS)

RHYTHM BAND & MORE | AGES: 4-6

Have a rockin' good time in this interactive class designed to help children develop a clear sense of rhythm! Children gain hands-on experience with percussion instruments while playing rhythm games set to music. Instruments provided. Students will also sing and play tone bells.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438510-01	M	6/25-8/27	5:00p-5:30p	6/22	\$32/\$48

BEGINNER PERCUSSION | AGES: 9 & UP

Learn the basic fundamentals for playing the snare drum, drum set and xylophone. Students are required to bring a practice pad, drumsticks and lesson book starting with the second lesson. Approximate supply cost is \$28.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438512-01	M	6/25-8/27	6:30p-7:30p	6/22	\$37/\$56

INTERMEDIATE PERCUSSION | AGES: 11 & UP

Prerequisite: Completion of Beginner Percussion or equivalent skills. Instructor permission required.

Students are required to bring a practice pad, drumsticks and lesson book starting with the first lesson. Instructor will provide purchasing details at first class. Approximate supply cost is \$28.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438513-01	M	6/25-8/27	7:30p-8:30p	6/22	\$37/\$56



CLASSES FILL QUICKLY! REGISTER TODAY!



PIANO

DAVID CARR GLOVER METHOD FOR PIANO

The David Carr Glover Method for Piano is a progressive music instructional program designed for students to enjoy the learning experience. Skill levels are identified by book color and are listed below in order of progression.

YOUTH BEGINNER PIANO | AGES: 7-12

Lesson materials cost approximately \$13. A list of required materials is provided by instructor at first class.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438514-01 W	6/27-8/29	5:30p-6:00p	6/22	\$29/\$44
438514-02 Th	6/28-8/30	4:30p-5:00p	6/22	\$32/\$48
438514-03 Th	6/28-8/30	6:00p-6:30p	6/22	\$32/\$48
438514-04 Th	6/28-8/30	6:30p-7:00p	6/22	\$32/\$48

Note: No class July 4.

YOUTH GREEN PRIMER LEVEL I | AGES: 7-12

Prerequisite: Students must have completed one session of Youth Beginner Piano. Lesson materials cost approximately \$13.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438515-01 Tu	6/26-8/28	6:00p-6:30p	6/22	\$32/\$48
438515-02 Th	6/28-8/30	5:00p-5:30p	6/22	\$32/\$48

YOUTH BLUE BOOK LEVEL I/RED BOOK LEVEL II AGES: 7-12

Prerequisite: Completion of Green Primer Level or equivalent skills. Instructor permission required.

Lesson materials cost approximately \$13.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438516-01 Tu	6/26-8/28	6:30p-7:00p	6/22	\$32/\$48
438516-02 Th	6/28-8/30	5:30p-6:00p	6/22	\$32/\$48

TEEN & ADULT BEGINNER PIANO | AGES: 13 & UP

Lesson materials cost approximately \$21.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438527-01 M	6/25-8/27	10:00a-11:00a	6/22	\$37/\$56
438527-02 Tu	6/26-8/28	4:30p-5:30p	6/22	\$37/\$56
438527-03 W	6/27-8/29	7:00p-8:00p	6/22	\$33/\$50

Note: No class July 4.

ADULT BLUE BOOK/RED BOOK LEVELS I & II AGES: 13 & UP

Prerequisite: Completion of one session of Teen & Adult Beginner Piano. Instructor permission required.

Lesson materials cost approximately \$21.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438528-01 M	6/25-8/27	11:00a-12:00n	6/22	\$37/\$56
438528-02 Tu	6/26-8/28	7:00p-8:00p	6/22	\$37/\$56
438528-03 Th	6/28-8/30	7:00p-8:00p	6/22	\$37/\$56

TEEN/ADULT CREATIVE PIANO | AGES: 13 & UP

Prerequisite: Students must be midway through the Level II Adult Red Book in the Glover series or another comparable series.

Learn ways of arranging your favorite piano music by personally styling them yourself. You may be using arpeggios, hand crossings etc. to make your music have a fuller sound.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438540-01 M	6/25-8/27	12:00n-1:00p	6/22	\$37/\$56

STRINGS

BEGINNER STRINGS | AGES: 10 & UP

Bring your violin, viola or cello and learn the parts/ care of your instrument and how to play basic tunes by first plucking and eventually using the bow. Lesson materials cost approximately \$14.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438520-01 Th	6/28-8/30	5:00p-6:00p	6/22	\$37/\$56

INTERMEDIATE STRINGS | AGES 11-13; 14-ADULT

For students who play violin, viola, cello, and string bass in their school orchestra and adults who have had prior string training or equivalent skills. Instructor permission required.

"Fine tune" your bowing, scales, syncopation, shifting and ensemble playing skills through popular and classical music. Participants can perform in the annual summer tour and perform at local recreation centers on 8/07, 8/08 & 8/09.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

AGES 11-13

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438521-01 W	6/27-8/29	6:00p-7:00p	6/22	\$44/\$66

Note: No class July 4.

AGES 14-ADULT

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438521-02 W	6/27-8/29	7:00p-8:00p	6/22	\$44/\$66

Note: No class July 4.

VOICE

KIDS' VOICE | AGES 5-7; 8-10

Do-re-mi!" Learn basic vocal fundamentals to include breath control, solfege syllables (do, re, mi, etc) and rhythms while singing Disney, Broadway and folk tunes.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

AGES 5-7

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438534-01 W	6/27-8/29	4:30p-5:00p	6/22	\$29/\$44

Note: No class July 4.

AGES 8-10

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438533-01 W	6/27-8/29	5:00p-6:00p	6/22	\$33/\$50

Note: No class July 4.

GIVE MY REGARDS TO BROADWAY | AGES 11-14

Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Selections from Broadway musicals Hairspray and Wicked will be among the Broadway selections that will be studied.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438531-01 M	6/25-8/27	7:00p-8:00p	6/22	\$37/\$56

VOICE FOR TEENS & ADULTS | AGES 13 & UP

Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438532-01 F	6/29-8/31	6:00p-7:00p	6/22	\$37/\$56

Join us for
Summer Camps!
View the
Summer Camp
Guide at
Norfolk.gov/RPOS



NORFOLK FITNESS & WELLNESS CENTER

AN AEROBICS & FITNESS ASSOCIATION OF AMERICA (AFAA) APPROVED TRAINING SITE

7300 Newport Avenue, Norfolk, VA 23505

Front Desk: (757) 823-4301

Fax: (757) 823-4313

Mission Statement: To provide life long community fitness, aquatics and wellness programs for the residents of the City of Norfolk.

NFWC HOURS OF OPERATION

DAYS	MAIN OFFICE	MEMBERSHIP OFFICE	FACILITY
MON-FRI	8:00A-5:00P	9:00A-5:45P	6:30A-8:15P
SAT	8:00A-1:00P	9:00A-1:00P	8:00A-4:45P
SUN	CLOSED	CLOSED	CLOSED

NOTE: NFWC SWIMMING POOL HOURS ARE LISTED ON PAGE 6 AND ONLINE AT WWW.NORFOLK.GOV/RPOS/POOLS.ASP. CONTACT (757) 823-4301 FOR ADDITIONAL ASSISTANCE.

NFWC MEMBERSHIP FEES

MEMBERSHIPS VALID FOR ONE YEAR FROM DATE OF PURCHASE.

PASS TYPE	RESIDENCY STATUS	AGES	COST
ANNUAL	RESIDENT	4 & BELOW FREE WITH ADULT MEMBERSHIP	
ANNUAL	RESIDENT	5-7	\$25
ANNUAL	RESIDENT	8-14	\$50
ANNUAL	RESIDENT	15-23	\$65
ANNUAL	RESIDENT	24-65	\$120
ANNUAL	RESIDENT	66-80	\$75
ANNUAL	RESIDENT	81 & UP	FREE
ANNUAL	NON-RESIDENT	ALL	\$250
SINGLE DAY	RESIDENT	5-18	\$5
SINGLE DAY	RESIDENT	19-80	\$10
SINGLE DAY	RESIDENT	81 & UP	FREE
SINGLE DAY	NON-RESIDENT	ALL	\$15
WEEKLY	RESIDENT	ALL	\$30
WEEKLY	NON-RESIDENT	ALL	\$45
MONTHLY	RESIDENT	ALL	\$75
MONTHLY	NON-RESIDENT	ALL	\$100
COLLEGE	PLEASE SEE NFWC MEMBERSHIP STAFF		
REPLACEMENT CARD		ALL	\$5

NOTE: PARENT/LEGAL GUARDIAN MUST BE AN NFWC MEMBER IN ORDER FOR CHILD(REN) UNDER AGE 15 TO JOIN. CHILD(REN) UNDER AGE 18 MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN DURING THE APPLICATION PROCESS. A BIRTH CERTIFICATE OR STATE-ISSUED I.D. IS REQUIRED FOR AGES 17 AND UNDER IN ORDER TO OBTAIN MEMBERSHIP.

NFWC: A GREAT PLACE TO BE!

FACILITY AMENITIES & MEMBERSHIP PERKS

- Free Fitness orientations.
- Outdoor lighted tennis courts for open play for members only. Racquets and balls can be checked out at no charge with membership card.
- Two racquetball courts are available for members only. One court is by reservation 24 hours in advance for one hour of play each day; all reservations include a 5-minute grace period. The other court is available on a first come, first served basis. Racquets and balls can be checked out at no charge with membership card. Players must be age 15 or older to play unsupervised; anyone under age 14 must be accompanied by an adult. Eye protection is highly recommended. Courts are also available for Wallyball on Mon-Fri from 7:00a-12:00n and Sat from 8:00a-12:00n.
- Fitness specialist on duty in fitness areas.
- Certified personal fitness trainers available by appointment. See Membership Check-in office or Member Services for more information.
- Weight training studio
- Treadmill and circuit training studio
- Cardio room with stair steppers, ellipticals and bikes
- Indoor and outdoor swimming pools
- Family changing room
- Fit Kids Zone! for ages 8 to 14. Fitness Staff will teach proper use of the treadmill, recumbent bike and hand weights as well as proper stretching and form. Learn other fun ways to get fit and set fitness goals for life. To learn more about Fit Kids Zone! Contact (757) 823-4301 and ask to speak with a Fitness Specialist. Cost to participate in Fit Kids Zone! is included in the annual membership fee to the NFWC. A parent or guardian must be an NFWC member in order for child(ren) to join. The child(ren)'s birth certificate is required at the time of registration. Fit Kids Zone open Mon-Fri, 4:00p-7:00p; Sat, 10:00a-1:00p; Sun, closed.
- Full basketball court (air-conditioned)
- Gymnasium open for basketball, volleyball, walking, stretching or workouts.



CLASSES FILL QUICKLY! REGISTER TODAY!



WORKSHOPS & SPECIAL SERVICES

QUARTERLY WELLNESS FORUMS | AGES: 18 & UP

Enjoy free presentations from local health and wellness specialists. Please call (757) 823-4301 for schedule and registration information.

Location: norfolk fitness & wellness center

Day	Date	Time	Fee
Sa	6/09,7/14	10:00a-12:00n	Free! No membership required.

8/11

HEALTH & WELLNESS EXPO | ALL AGES

Over 20 plus vendors will be on location providing information on topics ranging from health and fitness to financial planning. Health screenings and free chair massages are just some of the many services you can enjoy while at this event!

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

DAY	DATE	TIME	FEE
Tu	8/21	10:00a-2:00p	Free! No membership required.

FREE FITNESS ORIENTATIONS | AGES: 15 & UP

Learn how to properly use all equipment in the NFWC Fitness Studios. Personal 20-minute orientations are offered daily. Cost is included in the annual membership fee. Register at the NFWC Member Services Desk or call (757) 823-4301 for more information.

Note: NFWC is closed July 4.

BODY FAT TESTING | AGES: 18 & UP

Trained staff are available at the Norfolk Fitness & Wellness Center to test you and determine your body fat percentage. This service is available to the general public as well as NFWC members Mon-Sat, 7:00a-8:00p. Cost is \$2 for members and \$4 for non-members. Register at the NFWC Membership Office or call (757) 823-4301 for more information.

Note: NFWC is closed July 4.

CUTS PERSONAL TRAINING | AGES: 15 & UP

Improve your overall mental and physical health by losing body fat, increasing lean muscle mass, and improving flexibility and stamina. This strength and conditioning personal training program is designed for men and women using semi-intense weight and cardiovascular training. CUTS is available to NFWC members only, Mon-Fri, 7:00a to 7:00p, and is led by an Aerobic Fitness Association of America (AFAA) certified personal fitness trainer. Cost is \$30 for a 45-minute private session. Register at the NFWC Membership office. Call (757) 823-4301 for more information.

Note: NFWC is closed July 4.



AFAA® PERSONAL FITNESS TRAINER CERTIFICATION COURSE | AGES: 18 & UP

Prerequisite: Early registration and advanced study preparation is required. Study guide is included in the cost of registration. Weight room and weight training experience is strongly recommended.

Aspiring and experienced fitness professionals working one-on-one with exercise clients can prepare for both AFAA's® Personal Fitness Trainer Certification and the Personal Fitness National Boards in this three-day certification workshop. The workshop features lectures, practical demonstrations and written and practical exams. Curriculum includes:

- Anatomy and kinesiology
- Fitness assessment testing procedures (3-minute Step test, sit-and-reach, push-up, abdominal crunch, body composition screening with skin-fold caliper measurement)
- Nutrition fundamentals and weight management
- Special populations and medical considerations
- Listening, leadership and motivational skills
- Exercise programming in the weight room
- Wellness programming and screening guidelines

The workshop fee includes:

- 3-day Certification Workshop
- Personal Trainer Certification Study Guide
- One-year AFAA® membership (\$68 value) or membership extension to current members and a print or digital subscription to American Fitness magazine (does not include postage to addresses outside the U.S.)
- AFAA® Certified Personal Trainer certificate and I.D. card (upon successful completion of both written and practical examinations). CPR certification required before certificate is issued.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

DAY	DATE	TIME	REG BY	FEE
F-Su	4/20-22	8:00a-5:00p	4/13	\$489**
F-Su	5/18-20	8:00a-5:00p	5/11	\$489**

*Registration & CEU Information: Contact AFAA® at (800) 225-2322 (option 420) to register or for additional information.

**Discount: A 10% discount applies for current AFAA® members. For AFAA® certified professionals who wish to register for CEU credit only, not for recertification, the workshop fee is \$255.

CEU Credits: 15

Disclaimer: Successful completion of the course does not guarantee you will pass either examination.



HEALTH & FITNESS

REGISTRATION BEGINS JUNE 4. ALL FITNESS REGISTRATION IS HELD AT THE NFWC.

FITNESS PROGRAM SITES:

NORFOLK FITNESS & WELLNESS CENTER

7300 Newport Avenue

Norfolk, VA 23505

Office: (757) 823-4301

Fax: (757) 823-4313

LAKEWOOD DANCE & MUSIC CENTER

1612 Willow Wood Drive

Norfolk, VA 23509

Office: (757) 441-5833

Fax: (757) 441-5905

NORVIEW RECREATION CENTER

6325 Sewells Point Road

Norfolk, VA 23513

Office: (757) 441-1440

Fax: (757) 441-5917

LAMBERT'S POINT COMMUNITY CENTER

1251 W. 42nd Street

Norfolk, VA 23508

Office: (757) 423-1088

Fax: (757) 423-1408

TEEN & ADULT FITNESS PROGRAMS

CARDIO TRAINING

LOW IMPACT EXERCISE & STRETCHING | AGES: 15 & UP

Increase your energy level, improve your health and tone muscles in an aerobic workout with minimal joint stress. Bring your own mat or towel for floor work.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438402-01	M	6/25-8/27	6:30p-7:30p	6/22	\$25/\$38
438402-02	W	6/27-8/29	9:30a-10:30a	6/22	\$23/\$35

Note: No class July 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438402-03	W	6/27-8/29	5:30p-6:30p	6/22	\$23/\$35
238402-04	Sa	6/30-9/01	9:30a-10:30a	6/22	\$25/\$38

Note: No class July 4.

STEP AEROBICS | AGES: 15 & UP

Prerequisite: Prior participation in Low Impact Exercise & Stretching encouraged before trying Step Aerobics.

Step your way to better health! Cross train with step aerobics. Class includes techniques of bench stepping and hand weight workouts. Benches are provided. Bring your own mat or towel for floor work.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438403-01	M	6/25-8/27	5:30p-6:30p	6/22	\$25/\$38

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438403-02	Tu	6/26-8/28	5:30p-6:30p	6/22	\$25/\$38
438403-03	Th	6/28-8/30	5:30p-6:30p	6/22	\$25/\$38
438403-04	Sa	6/30-9/01	8:30a-9:30a	6/22	\$25/\$38

KICKBOXING | AGES: 15 & UP

Combine kickboxing and martial arts with aerobic exercise to gain flexibility, strength, endurance and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438404-01	Th	6/28-8/30	6:30p-7:30p	6/22	\$25/\$38
438404-02	F	6/29-8/31	9:30a-10:30a	6/22	\$25/\$38

ZUMBA® | AGES: 15 & UP

Lose pounds and inches, trim and tone every muscle in your body and burn 700 or more calories per hour in this party-style workout! Zumba® is a Latin inspired dance workout that uses Latin and international music. By utilizing the moves and tempo of Latin dance, Zumba provides a fun workout experience set to exciting music and is easy to learn.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438408-01	Th	6/28-8/30	9:30a-10:30a	6/22	\$25/\$38

LOCATION: LAMBERT'S POINT COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438408-02	W	6/27-8/29	5:00p-6:00p	6/22	\$23/\$35

Note: No class July 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438408-03	M	6/25-8/27	5:30p-6:30p	6/22	\$25/\$38

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438408-04	Tu	6/26-8/28	5:30p-6:30p	6/22	\$25/\$38

ZUMBA® GOLD | AGES: 50 & UP

Zumba® is a Latin-inspired dance workout that uses Latin and international music. By utilizing the moves and tempo of Latin dance, Zumba® provides a fun workout experience set to exciting music and is easy to learn. Zumba® Gold is a class designed for the mature active adult population and for those just beginning an exercise program. The music and movements have been tailored to address the specific needs of a mature active population or those just beginning an exercise program. This workout is a wonderful way to become active, to remain active and enjoy dancing.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438409-01	Tu	6/26-8/28	9:30a-10:30a	6/22	\$25/\$38
438409-02	F	6/29-8/31	10:30a-11:30a	6/22	\$25/\$38

STRENGTH TRAINING & TONING

30 MINUTE ABS | AGES: 15 & UP

Focusing on upper, lower and side abdominal muscles, participate in exercises designed to increase torso strength and reduce lower back strain.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438420-01	Tu	6/26-8/28	6:30p-7:00p	6/22	\$13/\$20
438420-02	W	6/27-8/29	7:30p-8:00p	6/22	\$12/\$18
438420-03	Th	6/28-8/30	6:30p-7:00p	6/22	\$13/\$20

Note: No class July 4.

BOOT CAMP | AGES: 18 & UP

Boot Camp is a fun innovative way to lose fat and build muscle at the same time. Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. Run, jump, push and pull your way to a better body with a certified personal trainer giving you the motivation needed to reach the next level.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438426-01	W/F	6/27-8/31	6:00p-6:45p	6/22	\$48/\$72

Note: No class July 4.



CLASSES FILL QUICKLY! REGISTER TODAY!



TONING WITH RESISTANCE | AGES: 15 & UP

Tone and strengthen major muscle groups using free weights, bands and other methods. Lighter weights (with higher repetitions) as opposed to heavier weights (with lower repetitions) are utilized in an effort to strengthen muscles rather than "bulking up." Equipment will be provided.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438422-01	Tu	6/26-8/28	7:00p-8:00p	6/22	\$25/\$38
438422-02	Th	6/28-8/30	7:30p-8:30p	6/22	\$25/\$38

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438422-03	W	6/27-8/29	6:30p-7:30p	6/22	\$23/\$35

Note: No class July 4.

TONING, STRENGTH & FLEXIBILITY

PILATES® I | AGES: 15 & UP

Equipment: Bring exercise mat to each class.

Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Pilates® exercises teach breathing awareness and alignment of the spine with the aim to strengthen the deep torso muscles. Stretch bands will be used during this class and are provided.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438411-01	W	6/27-8/29	9:30a-10:30a	6/22	\$23/\$35

Note: No class July 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438411-02	F	6/29-8/31	7:00p-8:00p	6/22	\$25/\$38

PILATES® II | AGES: 15 & UP

Prerequisite: Completion Pilates® I or equivalent Pilates® abilities.

Equipment: Bring exercise mat to each class.

Continue to perform exercises learned in Pilates® I while adding more challenging elements to your routine. Stability balls and stretch bands will be used during this class. Bands are provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438412-02	W	6/27-8/29	6:30p-7:30p	6/22	\$23/\$35
438412-01	F	6/29-8/31	5:00p-6:00p	6/22	\$25/\$38

Note: No class July 4.

PILATES® CORE & MORE | AGES: 15 & UP

Prerequisite: Completion Pilates® I or equivalent Pilates® abilities.

Equipment: Bring exercise mat to each class.

Work your core and more with this total body, Pilates®-inspired class. Traditional Pilates® exercises along with other core and full body functional exercises will get your body strong, lean, toned and flexible. Each class will feature a variety of exercises and exercise equipment to include physioballs, bands, weights and Pilates® rings. Bring a towel for stretching exercises as well as for supporting your head during floor work.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438413-01	M	6/25-8/27	10:00a-11:00a	6/22	\$25/\$38

WOMEN ON WEIGHTS | AGES: 15 & UP

"Women on Weights" (WOW) is a class in which women get the benefits of a one-on-one training session with a Certified Personal Trainer in a group setting. This highly interactive group setting encourages confidence and teaches women how to be comfortable in the "gym" setting.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438427-01	Tu/Th	6/25-8/27	7:00p-7:45p	6/22	\$25/\$38

INTRO TO YOGA | AGES: 15 & UP

Equipment: Bring exercise mat and yoga blocks to each class.

Learn proper breathing and relaxation techniques while performing flexibility exercises and poses to enhance posture and increase range of motion. Individuals with physical limitations can do yoga as modifications can be made to exercises to allow for participation. These modifications will be demonstrated.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438415-01	W	6/27-8/22	10:30a-11:30a	6/22	\$23/\$35

Note: No class July 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438415-02	Tu	6/26-8/28	4:00p-5:00p	6/22	\$25/\$38
438415-03	F	6/29-8/31	6:00p-7:00p	6/22	\$25/\$38

YOGA I | AGES: 15 & UP

Prerequisite: Completion of Intro to Yoga or equivalent yoga basic abilities. Instructor permission required.

Equipment: Bring exercise mat and yoga blocks to each class.

Continue to perform proper breathing and relaxation techniques learned in Intro to Yoga while adding more challenging postures to your routine. Modifications can be made to exercises to allow for participation by individuals with physical limitations. Modifications will be demonstrated.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438416-01	M	6/25-8/27	11:30a-12:30p	6/22	\$25/\$38

YOGA II | AGES: 15 & UP

Prerequisite: Completion of Yoga I or equivalent yoga abilities. Instructor permission required.

Equipment: Bring exercise mat and yoga blocks to each class.

Continue to perform proper breathing and relaxation techniques learned in Yoga I while adding more challenging postures to your routine. Modifications can be made to exercises to allow for participation by individuals with physical limitations. Modifications will be demonstrated.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438417-01	M	6/25-8/27	6:30p-7:30p	6/22	\$25/\$38

YOGA III | AGES: 15 & UP

Prerequisite: Completion of Yoga I and II. Instructor permission required.

Equipment: Bring exercise mat and yoga blocks to each class.

Continue to perform proper breathing and relaxation techniques learned in Yoga I and II while adding more challenging postures to your routine.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438418-01	F	6/29-8/31	4:00p-5:00p	6/22	\$25/\$38



SENIOR ADULT PROGRAMS

REGISTRATION BEGINS JUNE 4.

SENIOR ADULTS CAN TAKE ANY ADULT COURSE LISTED IN GOOD TIMES; HOWEVER, SENIOR ADULT COURSES ARE ONLY AVAILABLE TO INDIVIDUALS AGE 55 & BETTER UNLESS OTHERWISE NOTED.

OCEAN VIEW SENIOR CENTER
600 E. Ocean View Avenue
Norfolk, VA 23503
Office: (757) 441-1767
Fax: (757) 441-1851

SOUTHSIDE SENIOR CENTER
925 S. Main Street
Norfolk, VA 23523
Office: (757) 664-6484
Fax: (757) 664-6480

SENIOR CENTERS HOURS OF OPERATION		
DAYS	OCEAN VIEW	SOUTHSIDE
MON	CLOSED	CLOSED
TUE	9:00A-5:00P	9:00A-5:00P
WED	9:00A-5:00P	9:00A-8:00P
THU	9:00A-5:00P	9:00A-5:00P
FRI	9:00A-4:30P	9:00A-4:30P
SAT & SUN	CLOSED	CLOSED

NORFOLK SENIOR CLUBS			
LOCATIONS	DAYS	DATES	TIMES
BAYVIEW RECREATION CENTER	F	YEAR-ROUND	9:00A-3:00P
EAST OCEAN VIEW RECREATION CENTER	TH	SEP-MAY	10:00A-3:00P
HUNTERSVILLE RECREATION CENTER	TU	SEP-MAY	11:00A-1:00P
INGLESIDE RECREATION CENTER	W	YEAR-ROUND	10:00A-12:00N
NORVIEW COMMUNITY CENTER	W	SEP-MAY	11:00A-2:00P
SHERWOOD FOREST COMMUNITY CENTER	TH	SEP-MAY	10:00A-1:00P
TARRALTON COMMUNITY CENTER	F	YEAR-ROUND	11:00A-1:00P
TITUSTOWN RECREATION CENTER	TU/TH	SEP-MAY	10:00A-2:00P
YOUNG TERRACE COMMUNITY CENTER	TU/W	YEAR-ROUND	10:00A-2:00P
NOTE: SENIOR CLUB EVENT CALENDAR LISTINGS ARE AVAILABLE AT EACH CLUB LOCATION. SEE PAGE 4 FOR FACILITY ADDRESSES AND PHONE NUMBERS.			

OCEAN VIEW SENIOR CENTER EVENTS			
DAY	DATE	EVENT	TIME
TU	6/05	CRAFT DAY	10:30A
TU	6/19	STRAWBERRY BLAST	10:30A
TU	6/26	HAT FASHION SHOW	10:30A
TU	7/17	JULY DECORATIONS	10:30A
TU	7/24	RED/WHITE/BLUE	10:30A
TU	7/31	JULY SOCIAL	10:30A
TU	8/14	COLLAGE SESSION	10:30A
TU	8/21	ICE CREAM SOCIAL	10:30A
W	ONGOING	60+ CLUB MEETING & ACTIVITIES	11:00A
TU/TH	ONGOING	SENIOR EXERCISE	11:00A
TU/TH	ONGOING	POOL GAMES	2:00P
1ST F	ONGOING	FUN BUNCH FOR LUNCH	1:00P
W/F	ONGOING	SENIOR SERVICES NUTRITION PROGRAM	9:30A
TU	ONGOING	NIFTY KNITTERS	10:30A
TU	ONGOING	TIDEWATER QUILTERS GUILD	9:30A
TH	ONGOING	QUILTING LADIES	12:00N
F	ONGOING	BRIDGE	11:00A

YOUNG TERRACE SENIOR PROGRAM EVENTS			
DAY	DATE	EVENT	TIME
TU	6/05	MOVIE DAY	10:00A
TU	6/19	FATHER'S DAY COOK-IN	11:00A
W	6/27	HEALTH PRESENTATION	10:00A
W	7/11	HAT CRAFTS	11:00A
TU	7/17	WATERMELON SHAKES	11:00A
TU	7/31	READ A BOOK	10:00A
TU	8/07	SEWING SESSION	10:00A
W	8/15	SHARE YOUR MEMORIES	11:00A
TU	8/28	TABLE GAMES	10:00A
2ND TU	ONGOING	SENIOR CLUB MEETING	10:25A
TU	ONGOING	COUPON CLIPPING	10:30A
TU	ONGOING	FITNESS	11:00A

SOUTHSIDE SENIOR CENTER EVENTS			
DAY	DATE	EVENT	TIME
W	6/13	FATHER'S DAY DINNER & BINGO	5:00P
F	7/06	OUTDOOR/INDOOR COOK-OUT	11:30A
F	7/20	POOL PARTY/DJ WHITE	5:00P
F	8/10	H2O MELON BINGO	11:00A
W	8/15	GOSPEL NIGHT	5:00P
TU-F	ONGOING	BILLIARDS	3:30P
2ND W	ONGOING	SENIOR CLUB MEETING	1:00P
TU/W	ONGOING	COMPUTER TRAINING	10:00A
TU/W	ONGOING	BRIDGE CLUB	11:00A
TU/TH	ONGOING	SENIOR SERVICES NUTRITION PROGRAM	10:00A



CLASSES FILL QUICKLY! REGISTER TODAY!



SENIOR SOCIAL BOWLING CLUB | AGES: 55& BETTER

Recreational bowling is a great way to spend time with friends and meet new people. Cost of \$7.25 includes three games of bowling and shoe rental. Cash or checks accepted. Make checks payable to AMF Bowling Center.

LOCATION: AMF BOWLING LANES, 2441 E LITTLE CREEK RD. NORFOLK, VA

DAY	DATE	TIME	REG BY	FEE/NR FEE
M	Ongoing	9:30a-1:00p	Ongoing	\$7.75/visit

ARTS & CRAFTS

SENIOR CERAMICS | AGES: 55 & BETTER

Learn techniques and develop skills in decorating and glazing ceramics. Gain knowledge about all aspects of this art to include greenware, bisque, underglazes, glazes, overglazes, stains and techniques such as washing, antiquing, drybrushing, etc. Students must purchase their own supplies to include greenware, glazes, brushes, etc. Approximate cost of supplies is \$35. Call (757) 664-6484 to obtain a supply list. Only work produced during class will be fired. Instructed by Alberta Taylor.

LOCATION: SOUTHSIDE SENIOR CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
461604-01	Th	6/28-8/30	10:30a-11:30a	6/21	\$20/\$30



Ocean View Senior Center Annual Fish Fry

SENIOR TECHNOLOGY EDUCATION

Note: All courses instructed on computers with Microsoft XP operating systems.

BEGINNER COMPUTER COURSE | AGES: 55 & BETTER

Pull a chair up and learn about the computer, its parts and basic maintenance. Basic typing skills will be emphasized using interactive typing programs. Finally, catch a wave and learn how to surf the internet! Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468816-01	Tu/Th	6/26-8/30	10:00a-12:00n	6/22	\$25/\$38

INTERMEDIATE COMPUTER COURSE | AGES: 55 & BETTER

Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level.

Experiment with the Microsoft family of programs, including Word, Excel and Outlook 2003. Learn about a computer's operating system, the concept of loading and unloading programs and drivers, folder organization and basic home-use troubleshooting. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468816-08	M/F	6/25-8/31	10:00a-12:00n	6/22	\$25/\$38

TECHNOLOGY EDUCATION

REGISTRATION BEGINS JUNE 4.

Note: All courses instructed on computers with Microsoft XP operating systems.

INTRO TO COMPUTING | AGES: 18 & UP

Learn about the computer, its parts, basic maintenance and the Microsoft XP operating system. Basic typing skills will be emphasized using interactive typing programs. Ethical uses of the internet will be explained and demonstrated. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468810-02	M	6/25-8/27	6:00p-8:00p	6/22	\$45/\$68

MICROSOFT WORD 2003 BASICS | AGES: 18 & UP

Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level.

Learn how to use Microsoft Word 2003. Navigate Word toolbars, keyboard shortcuts, tables and borders. Creation of flyers using templates will be introduced. Keyboarding skills will be taught by using interactive typing programs. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468811-01	Th	6/29-8/30	6:00p-8:00p	6/22	\$45/\$68

MICROSOFT EXCEL & OUTLOOK 2003 BASICS | AGES: 18 & UP

Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level.

Learn basic spreadsheet functions in Excel, keyboard shortcuts and how to navigate columns and rows. Discover how to use e-mail features of Outlook. Learn how to attach files to e-mails and how to open and save received attachments. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468812-01	W	6/27-8/29	6:00p-8:00p	6/22	\$41/\$62

Note: No class July 4.

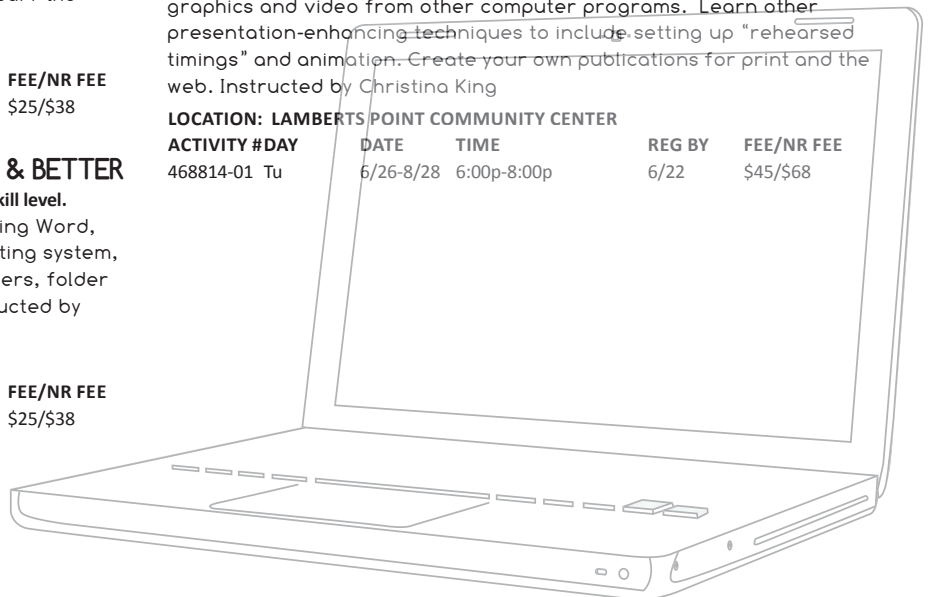
MICROSOFT POWER POINT & PUBLISHER 2003 | AGES: 18 & UP

Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level.

Learn how to create professional slide shows by importing pictures, graphics and video from other computer programs. Learn other presentation-enhancing techniques to include setting up "rehearsed timings" and animation. Create your own publications for print and the web. Instructed by Christina King

LOCATION: LAMBERTS POINT COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468814-01	Tu	6/26-8/28	6:00p-8:00p	6/22	\$45/\$68



THERAPEUTIC RECREATION

REGISTRATION BEGINS JUNE 7.

THERAPEUTIC RECREATION CENTER

180 E. Evans Street
Norfolk, VA 23503
Office: (757) 441-1764
Fax: (757) 441-1770

THERAPEUTIC RECREATION CENTER HOURS		
DAYS	OFFICE HOURS	FACILITY HOURS
MON	9:00A-12:00N; 3:00P-4:00P	VARIES BASED ON PROGRAMMING
TUE	9:00A-10:00A; 2:30P-5:00P	VARIES BASED ON PROGRAMMING
WED	9:00A-12:00N; 2:30P-4:00P	VARIES BASED ON PROGRAMMING
THU	CLOSED FOR OFF-SITE PROGRAMS	VARIES BASED ON PROGRAMMING
FRI	11:00A-12:00N; 3:00P-5:00P	VARIES BASED ON PROGRAMMING
SAT & SUN	CLOSED FOR OFF-SITE PROGRAMS	VARIES BASED ON PROGRAMMING



Van symbol: Indicates that transportation is available from participant's home to program location. Space may be limited. Call (757) 441-1764 for more information. Participants signing up for courses with transportation must be registered for the course by "Reg by" date to be considered for transportation. Thank you for your cooperation.

6th Annual Hawaiian Luau

Learn to dance Hawaiian style, swim at your leisure, and enjoy a delicious meal!

Sat, Jul 14
5:00p-7:00p
Open to All Ages!

Norfolk Fitness & Wellness
Center
7300 Newport Ave.
Norfolk, VA

Cost: \$20 per person
Register by Jul 6
If assistance is needed, please provide one aide per person with a disability.

Transportation available, but limited.
For more information, call (757) 441-1764.

CHILDREN & TEEN PROGRAMS

FOR INDIVIDUALS WITH ANY DISABILITY

All participants must schedule an assessment prior to registering for any course. See page 37 for complete registration information. Call (757) 441-1764 to schedule an assessment.

AQUATICS & WATER ACTIVITIES

WATER BASICS | AGES: 6-19

Become more comfortable in the water in this introduction to water safety and swimming skills. Skills taught will prepare participants for potential advancement to the "Learn to Swim" program. See pages 6-10 for more details about this comprehensive swimming instructional program.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR, NORFOLK

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446710-01	M	6/25-8/27	7:00p-7:50p	6/18	\$15/\$23

ATHLETICS & RECREATIONAL SPORTS

ALLEY CATS BOWLING | AGES: 6-19

Head to the AMF Norfolk Lanes for bowling fun! Learn the basic rules of bowling while meeting new people and having fun. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF BOWLING LANES, 2441 E LITTLE CREEK RD. NORFOLK, VA

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
410720-01	Tu	6/26-8/28	5:15p-6:30p	6/19	\$15/\$23

DANCE, MUSIC & RHYTHM

TAP & JAZZ | AGES: 6-19

Prerequisite: Must be able to stay focused for 50 minutes.

Gals' dress code: Leotard and tights.

Guys' dress code: White t-shirt, shorts or sweat pants.

Footwear: Tap shoes required.

Have fun learning the energetic techniques of jazz dance combined with classic American tap dancing. Develop a sense of rhythm while exercising.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466711-01	M	6/25-8/27	5:00p-5:50p	6/18	\$15/\$23

TRIPS & OUTINGS

BOYS MINI GOLF NIGHT | AGES: 6-19

Transportation: Provided from the TRC to event site only.

Hang with the fellas for a night of mini golf and ice cream! We will meet at the TRC and head to the Oceanfront for mini golf and afterwards enjoy a delicious cold treat. A \$2 trip fee is included in the course fee and is nonrefundable after the registration deadline. Bring \$15 (cash) for mini golf and ice cream.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466752-01	F	7/06	5:00p-8:00p	6/29	\$7/\$11

Join us for
Summer Camps!
View the
Summer Camp
Guide at
Norfolk.gov/RPOS



CLASSES FILL QUICKLY! REGISTER TODAY!



GIRLS MINI GOLF NIGHT | AGES: 6-19

Transportation: Provided from the TRC to event site only.

Hang with the girls for a night of mini golf and ice cream! We will meet at the TRC and head to the Oceanfront for mini golf and afterwards enjoy a delicious cold treat. A \$2 trip fee is included in the course fee and is nonrefundable after the registration deadline. Bring \$15 (cash) for mini golf and ice cream.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466753-01 F	8/03	5:00p-8:00p	7/27	\$7/\$11

OLDER TEEN & ADULT PROGRAMS

FOR INDIVIDUALS WITH ANY DISABILITY

All participants must schedule an assessment prior to registering for any course. See page 37 for complete registration information. Call (757) 441-1764 to schedule an assessment.

AQUATICS & WATER ACTIVITIES

AQUACISE I | AGES: 18 & UP

Prerequisite: Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Water is the perfect medium for physical rehabilitation. Increase mobility and range of motion during this gentle water workout.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446711-01 M	6/25-8/27	9:00a-9:45a	6/18	\$15/\$23
446711-02 F	6/29-8/31	9:00a-9:45a	6/22	\$15/\$23
446711-03 M/F	6/25-8/31	9:00a-9:45a	6/18	\$25/\$38

AQUACISE II | AGES: 18 & UP

Prerequisite: Proficiency in Aquacise I course or equivalent ability level. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Experience a faster-paced workout to further your physical rehabilitation. This total body workout is not only designed to increase mobility and range of motion, but to increase strength and endurance.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446730-01 W	6/27-9/05	9:00a-9:45a	6/20	\$15/\$23

Note: No class Jul 4.

AQUACISE I & II COMBO | AGES: 18 & UP

Transportation: Available for Aquacise I only.

Prerequisite: Proficiency in Aquacise I & II course or equivalent ability level. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Add stretching exercises to increase mobility and range of motion from Aquacise I and the faster-paced workout of Aquacise II and you have the perfect workout. Improve mobility, range of motion, increase strength, endurance and flexibility in this comprehensive total body workout!

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446730-02 M/W	6/25-9/05	9:00a-9:45a	6/18	\$25/\$38
446730-03 W/F	6/27-9/05	9:00a-9:45a	6/20	\$25/\$38

Note: No class Jul 4.

MODERATE IMPACT AQUA AEROBICS | AGES: 18 & UP

Prerequisite: Must be able to engage in aerobic exercise for minimum of 30 minutes.

Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Increase your muscle tone and your stamina while participating in this total-body aerobic workout. Class will be held in the outdoor pool if temperature of indoor pool is too warm for exercise.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER, 7300 NEWPORT AVE, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446713-01 M	6/25-8/27	5:00p-5:50p	6/18	\$15/\$23
446713-02 Th	6/28-8/30	5:00p-5:50p	6/21	\$15/\$23
446713-03 M/Th	6/25-8/30	5:00p-5:50p	6/18	\$25/\$38

DEEP WATER POWER HOUR | AGES: 18 & UP

Prerequisite: Must be able to engage in aerobic exercise for minimum of 45 minutes.

Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable in deep water while wearing floatation devices for assistance. Swimming suits are required.

Take the ultimate aquatic challenge, increase your heart rate and get a full-body workout in this deep-water class. Floatation devices provided.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446751-01 F	6/29-8/31	9:00a-9:45a	6/22	\$15/\$23

ARTS & CRAFTS

PAINT THE DAY AWAY | AGES: 18 & UP

Do you love painting? If so, come and try painting in many different ways, including painting with your fingers. A \$10 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466726-01 Tu	7/03-7/24	2:00p-2:50p	6/26	\$25/\$38

SLUMPING | AGES: 18 & UP

Try this new and exciting technique to put old glass bottles to use in a decorative way! Please bring in glass bottles to use for your creations. A \$10 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466731-01 W	6/27-8/01	10:30a-12:00n	6/20	\$25/\$38

Note: No class Jul 4.

ART MEDLEY | AGES: 18 & UP

Create a variety of new crafts to find your artsy niche. Learn about various styles of art. A \$10 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466730-01 W	8/08-9/05	10:30a-12:00n	8/01	\$25/\$38

ATHLETICS & RECREATIONAL SPORTS

SPARES & STRIKES: RECREATIONAL BOWLING AGES: 18 & UP

Learn the basic rules of ten-pin recreational bowling. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF BOWLING LANES, 2441 EAST LITTLE CREEK RD, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
410710-01 M	6/25-8/27	12:00n-1:30p	6/18	\$15/\$23



SPARES & STRIKES: SKILL-BUILDING BOWLING

AGES: 18 & UP

Prerequisite: Completion of Recreational Bowling or equivalent skill level.
Further your bowling techniques to improve your bowling skills and ball handling techniques. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental included.

LOCATION: AMF BOWLING LANES, 2441 EAST LITTLE CREEK RD, NORFOLK, VA

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
410731-01	W	6/27-9/05	4:00p-5:30p	6/20	\$15/\$23

Note: No class Jul 4.

CULINARY

BAKING WORKSHOP | AGES: 18 & UP

Do you have a sweet tooth? Learn how to bake delicious desserts. A \$10 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466747-01	Th	7/26,8/02	10:00a-11:30a	7/19	\$17/\$26

FITNESS & HEALTH

SALSA DANCING | AGES: 18 & UP

Do you love to dance? Come learn the salsa, cha cha, meringue, and much more. Learn dances taught by instructor and video. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466712-01	M	6/25-8/27	2:00p-2:50p	6/18	\$15/\$23

MORNING STROLLERS | AGES: 18 & UP

Take a morning stroll in the summertime air. We will burn calories and walk off the stress of the week with friends while taking in what this beautiful season has to offer. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466743-01	Th	6/28-9/06	9:00a-9:50a	6/21	\$15/\$23

Note: No class Aug 23.

CHAIR EXERCISE | AGES: 18 & UP

Do low to moderate exercises to strengthen muscle, increase flexibility and range of motion and much, much more right from your chair. Bring a water bottle and towel. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466721-01	Tu	6/26-8/28	3:00p-3:50p	6/19	\$15/\$23

HIP HOP FIT | AGES: 18 & UP

Pop it! Lock it! FREEZE! Enjoy the energetic, self-expression of hip hop dance! Get fit with stretches and aerobic moves taught both by dance instructor and video. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466741-01	Th	6/28-8/30	3:30p-4:20p	6/21	\$15/\$23

STRETCH AWAY- EXERCISES FOR IMPROVED MUSCLE TONE | AGES: 18 & UP

Stretch away tension while improving muscle tone and cardiovascular health. Cool down after each class by enjoying healthy, freshly-prepared juice and discuss the health benefits of exercise. Wear tennis shoes and clothing that allows for ease of movement. A \$17 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466722-01	Tu	6/26-8/28	7:00p-8:30p	6/19	\$32/\$48

WAIST AWAY | AGES: 18 & UP

Learn how to become healthier through exercise and proper eating. Participate in group exercise, learn how to make healthy meals and enjoy healthy dinners with peers. A \$20 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466748-01	Th	*	7:00p-9:00p	6/21	\$35/\$53

***Mark your calendar:** Meets Jun 28; Jul 12 & 26; Aug 9 & 23.

WEIGHT MANAGEMENT WITHOUT DIETING AGES: 18 & UP

Presentations and discussions will be held to better understand the impact of today's foods on our health, and how best to recognize which foods we ought to be eating and which foods are best left on the shelf. A \$12 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466744-01	Th	6/28-8/30	5:00p-6:00p	6/21	\$27/\$41

ADVANCE MEDITATION | AGES: 18 & UP

Deep-breathing meditation will be practiced for 45 minutes using different types of meditative music & sounds to enhance the meditation process. This class will focus on quieting the mind and body while increasing one's ability to focus and pay attention.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466725-01	Tu	6/26-8/28	6:00p-6:45p	6/19	\$15/\$23

WII® DANCE | AGES: 18 & UP

Dress Code: Wear comfortable clothes and tennis shoes.

Burn those calories as you dance the night away. A variety of Wii® Dance games will be played. Juice will be served during break. A \$5 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466754-01	F	*	7:00p-8:30p	6/22	\$20/\$30

***Mark your calendar:** Meets Jun 29; Jul 13 & 27; Aug 3 & 24.

BASIC SAFETY | AGES: 18 & UP

Join us for two sessions of basic safety with guest speakers who specialize in the fields of sun, water, and fire safety. Each participant will receive a bottle of sunscreen to take home after the first class and a personal fire extinguisher after the second class. A \$20 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466761-01	Sa	7/21,8/04	5:00p-5:45p	7/13	\$27/\$41



CLASSES FILL QUICKLY! REGISTER TODAY!



MOVIES & MUNCHIES

TASTY TREATS & THEATRE THURSDAYS | AGES: 18 & UP

Attention, parents or guardians: Please escort the participant into the TR Center at drop-off to get updates about the program.

Enjoy nutritious snacks while viewing a variety of movies in the company of friends. A \$10 supply fee is included in the total fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466746-01 Th	*	7:00p-9:45p	6/28	\$25/\$38

*Mark your calendar: Meets Jul 5 & 19; Aug 2, 16 & 30.

MUSIC & RHYTHM

BEGINNER GUITAR | AGES: 18 & UP

Equipment: Participant must bring an acoustic guitar and a few picks.

Learn notes and simple chords to play familiar tunes.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466749-01 Th	6/28-8/30	6:00p-6:45p	6/21	\$15/\$23

TRIPS & OUTINGS

BUSCH GARDENS: A SEASON OF FUN | AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Attention, parents or guardians: Please escort the participant into the TR Center at drop-off to get updates about the program. Dress for the weather during the day and at night. Please bring a jacket.

Join your TRC friends for two exciting days full of wild rides, exciting shows, and great food at Busch Gardens! A \$15 trip fee is included in the course fee and is nonrefundable after the registration deadline. Bring your season's pass or \$35 (cash) for admission. Bring \$25 (cash) to purchase dinner, snacks, and drinks in the park. If you have a Busch Gardens refillable cup, bring it to get discounted drinks.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466790-01 Sa	6/30	2:00p-11:00p	6/22	\$22/\$33
Su	8/19			

BAY DAYS | AGES: 18 & UP



Ahoy mate! Learn about boat safety, water safety, and different types of watercraft. Experience a variety of boating adventures on area waterways. Bring a bag lunch, plenty to drink, sunscreen, bathing suit, and towel. A \$50 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466724-01 Tu	7/03,7/17	9:30a-1:00p	6/26	\$65/\$98
	7/31,8/14			

BEACH BUMS | AGES: 18 & UP



Travel to our local Ocean View Beach. Learn about beach safety and have fun participating in beach activities. Bring a bag lunch, plenty to drink, sunscreen, bathing suit, towel, and other beach gear.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466723-01 Tu	7/10,7/24	9:30a-1:00p	7/03	\$15/\$23
	8/07,8/21			

SUMMER ESCAPES | AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Travel with us as we explore two woodland locations in the area. Participants must be able to walk in rough terrain and handle the summer heat. Hiking will exceed one mile. Bring a bag lunch. We will stop for a cool treat on the way home. Please wear athletic shoes, no open-toed shoes. A \$20 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466770-01 Su	7/15,8/12	10:00a-3:00p	7/06	\$27/\$41

HEALTHY EATING IN THE COMMUNITY | AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Travel with us as we seek out healthy places to dine within our community. Participants should bring \$25 cash to cover the cost of their meal per outing. A \$10 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466760-01 Sa	7/21,8/04	6:00p-9:00p	7/13	\$17/\$26

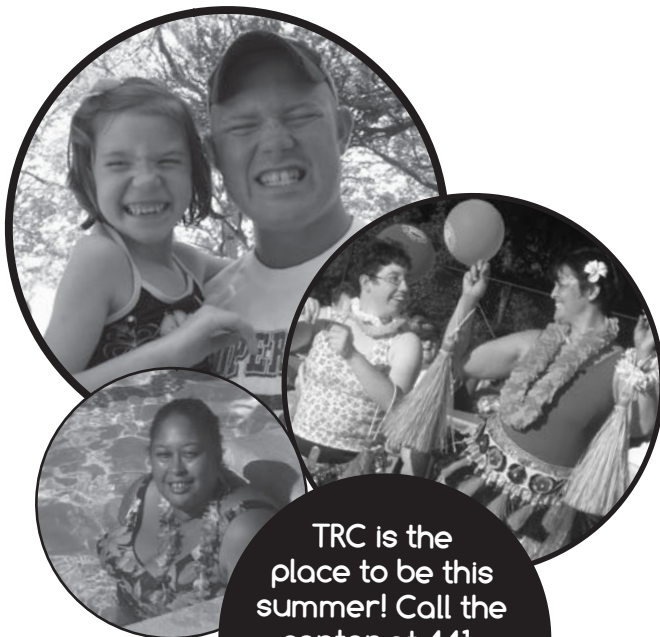
OCEAN BREEZE | AGES: 18 & UP



Cool off at Ocean Breeze Water Park! Race down 16 water slides, splash into "Run Away Bay" wave pool, and relax on the new Adventure River! Bring sunscreen, a beach towel, and wear your swimsuit. A \$42 trip fee is included in the course fee and is nonrefundable after the registration deadline. The trip fee will cover admission into Ocean Breeze Water Park and lunch.

LOCATION: OCEAN BREEZE, 849 GENERAL BOOTH BLVD, VA BEACH, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466720-01 Tu	6/26	10:00a-2:30p	6/19	\$47/\$71



TRC is the place to be this summer! Call the center at 441-1764 for details on all summer programs!



TEEN PROGRAMS (MIDDLE/HIGH SCHOOL)

BUREAU OF YOUTH SERVICES

700 E Olney Road Norfolk, VA 23504 (Office)

501 Boush Street Norfolk, VA 23510 (Mailing)

Office: (757) 441-1035

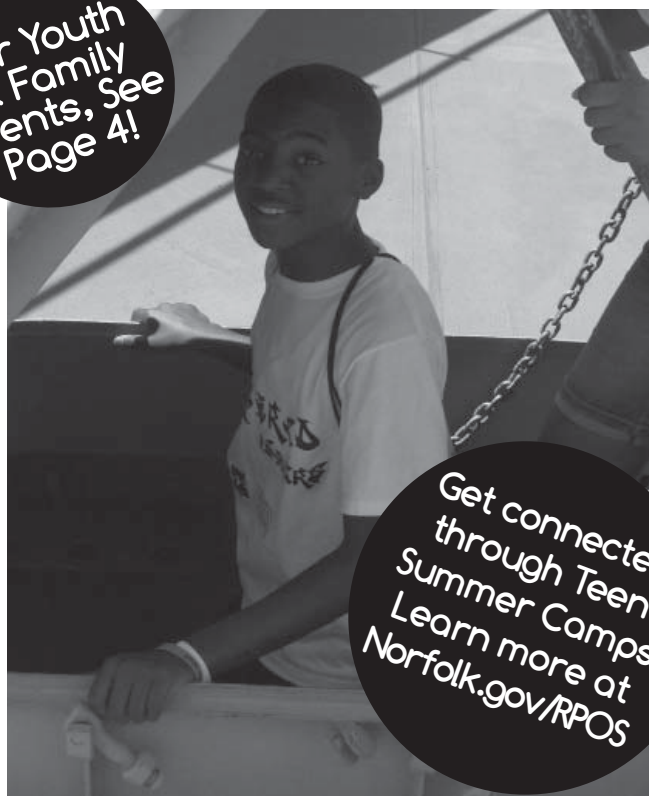
Fax: (757) 441-1039

UPCOMING EVENTS

Participation in these events requires valid Facility Use I.D Card. See page 36 for more information. See page 4 for location abbreviations and contact information.

ACTIVITY/ LOCATION	DAY	DATE	TIME	AGES
3-on-3 Bball Contest (FL)	W	6/27	4:30p	12-17
Dodgeball Madness (ML)	Th	6/21	6:30p	13-17
Movie Night (SF)	F	6/22	4:30p	13-17
Skateboard Demo (TR)	Tu	6/05	6:00p	13-17
2K12 Tour Tournament (YT)	M/W	6/4,6/6 6/11,6/13	5:00p	13-17
NPD Speaker (OV)	Tu	7/17	3:30p	13-17
Soccer Clinic (FL)	W	7/25	4:30p	12-17
Parent Fair (IS)	W	7/18	6:00p	13 & Up
Dodgeball Madness (ML)	Th	7/12	6:30p	13-17
Bball Tourney (PP)	Tu-Th	7/17-7/19	3:00p	13-17
Movie Night (CQ)	Tu	7/17	6:00p	13-17
BMX Obstacle Course Contest (TR)	Th	7/19	6:00p	13-17
Game Night (CQ)	Tu	8/14	6:00p	13 & Up
Summer Summit (CS)	W	8/08	4:00p	13-17
Game Night (CQ)	Tu	8/14	6:00p	13-17
Dodgeball Madness (ML)	Th	8/16	6:30p	13-17
Disc Golf (ML)	M	8/13	4:00p	13-17
Fun with Finances (SF)	Th	8/16	5:30p	13-17
3-on-3 Indoor Soccer (TR)	W	8/15	6:30p	12-16
3-on-3 Bball Tournament (YT)	Tu	8/28	2:00p	13-17

For Youth
& Family
Events, See
Page 4!



Get connected
through Teen
Summer Camps
Learn more at
Norfolk.gov/RPOS

SUMMER ART WORKSHOP

SELF PORTRAIT PAINTING FOR TEENS | AGES: 13-17

Go ahead and paint yourself. Bring along a mirror & create a self portrait with oil paints. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER, (757) 441-1227

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-20	Sa	7/21	10:00a-1:00p	7/20	\$35/\$53
467856-21	Sa	8/18	10:00a-1:00p	8/17	\$35/\$53

ACADEMIC PROGRAMS

NORFOLK YOUTH COUNCIL

JUNIOR COUNCIL: GRADES 7-9

SENIOR COUNCIL: GRADES 10-12



Get involved in issues facing the City of Norfolk and make an impact in the community. The Norfolk Youth Council (NYC), collaborates with government officials and agencies to give youth a voice. The NYC acts as a liaison to the City government on behalf of young Norfolk citizens to engage youth in community decision-making.

Meeting Locations: Various locations throughout the City of Norfolk and some regional locations.

Meeting Dates & Times:

- Jr. Council: Twice a month from 4:00p-5:00p
- Sr. Council: Every 3rd Saturday from 10:00a-1:00p
- Note: No meetings held during summer months. Special training and programs will be announced.

Applications to become members of the Norfolk Youth Council are available online at http://www.norfolk.gov/rpos/youth_services.asp.

AFTER THE BELL (ATB) AFTER-SCHOOL PROGRAM GRADES: 6-8

ATB, in partnership with 21st Century Community Learning Centers, provides extended academic, social, enrichment and recreational programs to Norfolk middle school students. Activities include tutoring, homework assistance, recreational activities, after-school field trips and more. Program philosophy aligns with the Search Institute's 40 Developmental Assets model and focusing on caring, responsibility, respect, trust and family. Transportation is provided for students enrolled at the three program sites to their regular bus stop.



Register now for the 2012-2013 school year. Obtain registration form at www.norfolk.gov/rpos/youth_services.asp or call (757) 441-1035. Mail completed registration forms to Bureau of Youth Services, Attn: After The Bell, 501 Boush Street, Norfolk, VA 23510. Include \$30 registration fee and first month payment of \$40 (\$70 total) with registration form. Only checks or money orders accepted, made payable to Treasurer, City of Norfolk. Financial assistance is available for those who qualify.

LOCATIONS:

JAMES BLAIR MIDDLE SCHOOL, 730 SPOTSWOOD AVE
LAKE TAYLOR MIDDLE SCHOOL, 1380 KEMPSVILLE RD
LAFAYETTE-WINONA MIDDLE SCHOOL, 1701 ALSACE AVE

DAY	DATE	TIME	REG BY	MONTHLY FEE
M-F	9/12/11-6/08/12	2:45p-6:00p	Ongoing	\$40

Note: Thursday early release hours are from 12:45p-5:30p. Program is not held on teacher workdays, holidays and on days schools are closed or close early due to inclement weather or other situations.



CLASSES FILL QUICKLY! REGISTER TODAY!



FACILITY USE I.D. CARDS

For access to Norfolk recreation centers and indoor pools, participants must purchase a Facility Use I.D. Card. Applicant is required to complete a Facility Use I.D. Card application and provide proof of birth for children (i.e. birth certificate) and proof of residency (i.e. utility bill not more than 30 days old) for adults. Acceptable forms of payment are checks or money orders made out to **Norfolk City Treasurer**.

Facility Use I.D. Cards are available at Bayview Recreation Center, Berkley Community Center, Huntersville Community Center, Ingleside Recreation Center, Lambert's Point Community Center, Norview Community Center, Titustown Recreation Center, and Young Terrace Community Center. See page 4 for facility locations.

Facilities print cards during limited hours:

Bayview, Berkley, Huntersville & Titustown: Mon-Fri 3:30p-5:30p

Ingleside: Mon-Thu 2:30p-7:00p; Fri 2:30p-5:00p

Young Terrace: Mon-Thu 4:00p-7:30p; Fri 3:00p-5:30p

Lambert's Point & Norview: M/Tu/Th/F 11:00a-7:30p; W 3:00p-6:00p;

Sat 12:00n-3:00

Cost:	Children: (Ages 17 & Under)	\$10
	Adults: (Ages 18-64)	\$20
	Seniors: (Ages 65 & Up)	Free
	Day Pass (all Ages)	\$2
	Replacement Card	\$3

Family Discounts:

One parent, one child:	\$25
One parent, up to 3 children:	\$30
Two parents, one child:	\$40
Family of four or more:	\$50

All family members must be present at time of purchase to qualify for discount.

Non-Residents: All ages: \$50

PICNIC SHELTER RENTALS

There are five major parks in the City of Norfolk -- Barraud, Lafayette, Lakewood, Poplar Halls and Northside -- at which shelters can be rented for a half day (8:00a-1:00p or 2:00p-7:00p) or full day (8:00a-7:00p). Costs are as follows:

\$100	Resident	Half day
\$125	Resident	Full day
\$200	Non-resident	Half day
\$250	Non-resident	Full day

A non-refundable application fee (\$25 residents, \$50 non-residents) is included in the rates listed above.

Picnic shelters are available May 1 through October 31. Reservations can be made no earlier than January 1 of the same year. Reservations must be made at least 14 days prior to the date of event. Applicant must provide a completed Facility Use Application, available at www.norfolk.gov/rpos, and full payment in person, M/W 9:00a-8:00p and Tu/Th/F 9:00a-6:00p at the Lakewood Athletic Office, 1612 Willow Wood Dr. Accepted forms of payment include checks or money orders made out to **Norfolk City Treasurer**. Call the Lakewood Athletic Office at (757) 441-5834 or 5835 for additional information.

ATHLETIC FIELD PERMITS

There are 125 sites in the City of Norfolk that can be rented out by residents and non-residents for baseball, softball, soccer, football, field hockey, rugby, lacrosse and cross country.

Athletic field permits are issued by season as listed below:

Season:	Applications accepted on:
Spring & Summer (Feb 15-Aug 31)	First working day in January
Fall & Winter (Sep 1-Dec 15)	First working day in July

Applicant must provide a completed Facility Use Application, available at www.norfolk.gov/rpos, and full payment in person, M/W 9:00a-8:00p and Tu/Th/F 9:00a-6:00p at the Lakewood Athletic Office, 1612 Willow Wood Dr. Accepted forms of payment include checks or money orders made out to **Norfolk City Treasurer**. A minimum 14-day notice is required for all permits. Failure to use requested dates will be grounds for cancellation of permit and may result in possible restrictions on any future permits. Call the Lakewood Athletic Office at (757) 441-5834 or 5835 for additional information.

OPEN SPACE RENTALS

Open space is available for rent at Barraud, Berkley, Huntersville, Lafayette, Lakewood and Tarrallton Parks.

Applicant must provide a completed Facility Use Application, available at www.norfolk.gov/rpos, and full payment in person, M/W 9:00a-8:00p and Tu/Th/F 9:00a-6:00p at the Lakewood Athletic Office, 1612 Willow Wood Dr. Accepted forms of payment include checks or money orders made out to **Norfolk City Treasurer**. Rental costs vary depending on number of people. Call the Lakewood Athletic Office at (757) 441-5834 or 5835 for additional information.

VENDORS

Applicant is required to complete a Vendor Lease Form, provide a copy of Norfolk business license, certificate of insurance, and health department permit. The cost is \$50 per day, per event. Call the Lakewood Athletic Office at (757) 441-5834 or 5835 for additional information.

RECREATION FACILITY RENTALS

Several Norfolk recreation facilities have rooms available for public rental. Applicant is required to complete a Facility Use Application to desired rental facility, including a \$25 application fee made payable to Norfolk City Treasurer. Applications must be received 14 business days prior to rental date. An incomplete application will not be accepted. Multi-purpose rooms are rented at the rate of \$50/hour. Gyms are rented at the rate of \$75/hour. Rentals must be within normal operating hours. Alcohol is not permitted on city property. For additional information, contact facility you choose to rent.

OUTDOOR RESTROOM HOURS			
● Indicates facility open entire date range.			
DATES & HOURS	APR 1-MAY 31	JUN 1-SEP 30	OCT 1-NOV 30
	8:00A-5:00P	8:00A-6:00P	8:00A-5:00P
Beaches			
Community	●	●	Closes 10/31
Ocean View	●	●	Closes 10/31
Sarah Constant	●	Closed	Closed
Parks			
Barraud	●	●	●
Berkley	●	●	●
Lafayette	●	●	●
Lakewood	●	●	●
Northside	●	●	●
Tarrallton	●	●	●
Tennis Courts:			
Fergus Reid	●	●	●
Larchmont	●	●	●
For maintenance issues and emergencies , please call (757) 441-2886.			



REGISTRATION POLICIES & PROCEDURES

How to Register:

- Only in-person registration is accepted. Mail, phone, fax, e-mail and any other method of registration will not be accepted. To learn where to register, see registration location chart on page 38.
- City of Norfolk residents are given a priority period of registration ahead of non-residents. See Resident Registration and Non-Resident Registration headings for more information.
- Courses are generally filled on a first-come, first-served basis. Some courses are subject to a Lottery Registration Process prior to open registration. See separate Lottery Registration Policies & Procedures for more information.
- Completed registration form(s) and full payment are required at registration.
- A separate registration form is required for each person being registered. If additional forms are needed, photocopy original form or pick up copies at any registration location. Registration forms are also available online at www.norfolk.gov/rpos.

Payment:

- Payment is accepted by check or money order made payable to Norfolk City Treasurer. Up to \$10 cash may be accepted per transaction. Post-dated, starter or counter checks not accepted. Name and address must be pre-printed on check. A current state- or military-issued photo I.D. is required when making payment with a check or money order.
- A \$35 service fee is charged for each returned check.

Deadlines & Late Registration:

- Registration deadlines have been set for each course and are listed in the individual course description. If, on the "Reg by" date, enrollment is below the required minimum, the course is subject to cancellation. Prompt registration can make the difference. Register early!
- If enrollment meets the required minimum by the "Reg by" date, late registration will be accepted on a space-available basis. A \$15 late registration fee will apply. No registration will be accepted after the course begins.
- If the course you desire is full, you may request to be placed on a waiting list. If so, payment will not be collected until you are notified that space has become available. Payment and all required registration forms must be received the following business day by 5:00 p.m. or prior to the course start time (whichever comes first), or you forfeit the space to the next individual on the waiting list. Being put on a waiting list does not obligate you to register. Anyone being moved from a waiting list into active registration status after a course deadline will not be charged a late registration fee.

Cancellations & Missed Classes:

- For information regarding refunds, refer to Course Registration Information at any registration location or online at www.norfolk.gov/rpos.
- **If participant misses a class, a make-up will not be rescheduled or accommodated during any other class period or location.**
- If a course is cancelled by the Department of Recreation, Parks & Open Space (RPOS) due to insufficient enrollment or any other reason, a full refund will be issued. Every effort will be made to notify you of the cancellation at least five (5) days prior to the course start date. It is advisable not to purchase supplies, equipment or dress gear until you have confirmed that the course will be held.
- If course location, date and/or time are changed by RPOS and a participant must withdraw their registration due to the change(s), a full refund will be issued.
- Class sessions may occasionally be cancelled due to instructor illness, facility closures, inclement weather or other unexpected problems. Every attempt will be made to contact participants. Be sure to maintain current contact information with the instructor and registration office. If a class session is cancelled, a make-up session will be scheduled by extending the dates or hours of the course, if schedule permits. Every effort will be made to schedule the make-up session on the same day and time that the class normally meets.

Program Participation:

- RPOS is fully committed to compliance with provisions of the Americans with Disabilities Act. For inquiries concerning program and disability accommodation, contact Cathy Orletsky at the Therapeutic Recreation Center, (757) 441-1764 or catherine.orletsky@norfolk.gov.

LOTTERY REGISTRATION POLICIES & PROCEDURES

The Norfolk Department of Recreation, Parks & Open Space has determined that the best way to ensure a fair system of registration for certain courses and programs is with a lottery. The lottery registration process is designed to eliminate overnight and/or early morning formation of lines. It also allows for equal opportunity to all individuals, as many people may not be able to compete for a position in early-forming lines due to health issues, family situations, work schedules, etc.

Eligibility: Lottery registration is for City of Norfolk residents only. Non-resident registration begins on a later date and is on a space-available basis. See below.

When to Arrive: Arrive no earlier than 30 minutes prior to the registration start time. Arriving any earlier does not increase your chances of winning the registration lottery. Anyone on Recreation, Parks & Open Space property before dawn and/or after dusk or during facility closing hours is in violation of trespassing and could be subject to arrest.

Process: Lottery tickets will be distributed during the first 30 minutes of the registration process. Tickets will not be handed out after this time. Lottery ticket holders will wait in a designated area until their number is called.

Anyone arriving after ticket distribution will not receive a ticket and cannot participate in the lottery. These individuals must wait in a designated area and will be served in order of arrival after the last lottery ticket holder's registration has been completed. For courses or programs that do not fill to capacity, registration will be accepted on a space-available basis until the published registration deadlines (see course descriptions for dates) or until all spaces are filled, whichever comes first.

Tickets: Only one lottery ticket per family per household will be issued. Professional support organizations and individuals who represent multiple clients with disabilities will be issued one ticket per participant. If it is discovered that anyone is collecting additional tickets by any means, all registrations by that person will be refused and voided from the lottery process. Receiving a lottery number does not guarantee enrollment for a particular course or program. You are not obligated to enroll in any course or program if you receive a lottery number.

Cost: There is no fee to enter the lottery. However, payment for courses and programs is due with registration. All other registration policies apply. See Registration Policies & Procedures at left.

RESIDENT REGISTRATION

Aquatics

Registration begins Saturday, June 9, with a lottery registration process. (See Lottery Registration Policies & Procedures) Register in person at the pool location your class will be held. Lottery tickets will be distributed from 7:30-8:00a. Registration begins promptly at 8:00a. Arrive no earlier than 7:00a. For more information, call the Aquatic Program Hotline at (757) 441-1605.

Arts & Crafts

Registration for Arts & Crafts programs begins Monday, June 4. Registration takes place at the Titustown Visual Arts Center.

Athletics

Registration for Athletic & Recreational Sports programs are accepted on a seasonal basis at the Lakewood Athletic Office. For more information, call Lakewood Athletic Office at (757) 441-5835.

Dance & Music

Registration for Dance & Music programs begins Monday, June 4. Registration takes place at the Lakewood Dance & Music Center.

Fitness

Registration for Fitness programs begins Monday, June 4. Registration takes place at the Norfolk Fitness & Wellness Center.

Senior Recreation

Registration for Senior programs begins Monday, June 4. For fee-based courses, register at the locations indicated on page 38. For Senior Club activities, contact the club location for more information.

Therapeutic Recreation

Registration begins Thursday, June 7, at the Therapeutic Recreation Center with a lottery registration process. (See Lottery Registration Policies & Procedures) Lottery tickets will be distributed from 9:00a-9:30a. Registration begins promptly at 9:30a. Arrive no earlier than 8:30a. In order to register, you must have participated in an intake assessment with a City of Norfolk Certified Therapeutic Recreation Specialist (CTRS) and completed all required forms. For more information, call (757) 441-1764.

NON-RESIDENT REGISTRATION

The Norfolk Department of Recreation, Parks & Open Space is committed to serving the needs of its residents. In order to allow ample opportunity for residents to register for activities, priority is given to residents ahead of non-residents. Non-resident registration for all programs begins on Monday, June 11. Registration locations are indicated on page 38. Call facility for hours of operation.



CLASS REGISTRATION FORM Please print and fill out completely.

Participant Name (or Parent/Guardian if participant under 18) _____

Address, City, State, Zip Code _____

Phone Numbers (Day) _____ (Evening) _____ E-mail Address _____

PARTICIPANT LAST + FIRST NAME	BIRTH DATE MM/DD/YYYY	SEX	ACTIVITY NUMBER	ACTIVITY NAME	SITE	DAY/TIME	TOTAL FEE

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 441-1764 prior to registration.
Please hand-deliver this completed registration form to the respective activity site (see chart below). Make check payable to *Norfolk City Treasurer*.

Total Amount Due \$ _____
No cash accepted.
Form of payment: _____ Check _____ Money Order
Check/Money Order # _____

Emergency Contact Name: _____ Phone Number: _____ Relationship: _____

Medical Treatment Permission & Acknowledgment of Risks: In consideration of my participation in the activity provided by and through the City of Norfolk Department of Recreation, Parks & Open Space (RPOS), I, for myself or on behalf of the participant who I represent, authorize City of Norfolk employees to take and provide all necessary medical attention should I, or the participant who I represent, be injured while participating or being transported to or from any RPOS-sponsored activity. I have read the policies pertaining to cancellations, refunds, rules and regulations as they pertain to this activity. I acknowledge the risks and responsibilities involved in these activities, and assume the risks and responsibilities involved in these activities. I assume these risks realizing the capabilities of the person(s) participating. I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance.

Signature of participant _____ Signature of parent/guardian (if participant under 18) _____ Date _____

Photo Permission Release Agreement: OPTIONAL. I understand that I, or the participant who I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow the City of Norfolk Department of Recreation, Parks & Open Space to use said photographs and/or videotapes in Department publications, media campaigns, and/or for educational and safety training purposes. I further waive any compensation for publishing and/or printing such photographs. I understand that by affixing my signature on this form, I attest to having read, fully understand and agree to the conditions as set forth above.

Signature of participant _____ Signature of parent/guardian (if participant under 18) _____ Date _____



HOW DO I KNOW WHERE TO REGISTER?

COURSE CATEGORY	IF COURSE IS HELD AT:	REGISTER AT:	PHONE #	ADDRESS
AQUATICS	Huntersville Indoor Pool	Huntersville Indoor Pool	(757) 664-7431	830 Goff St.
AQUATICS	NFWC Indoor Pool	NFWC Indoor Pool	(757) 823-4306	7300 Newport Ave.
AQUATICS	Northside Indoor Pool	Northside Indoor Pool	(757) 441-1760	8401 Tidewater Dr.
ARTS & CRAFTS	Any Site Listed	Titustown Visual Arts Center	(757) 441-1227	7545 Diven St.
DANCE	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
FITNESS	Any Site Listed	NFWC	(757) 823-4301	7300 Newport Ave.
MUSIC	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
SENIOR ADULTS	Any Site Listed	Ocean View Senior Center or Southside Senior Center	(757) 441-1767 (757) 664-6484	600 E. Ocean View Ave. 925 S. Main St
SPORTS INSTRUCTION	Northside Park Tennis Center	Lakewood Athletic Office	(757)441-5835	1612 Willow Wood Dr.
SPORTS INSTRUCTION	NFWC	NFWC	(757) 823-4301	7300 Newport Ave.
TECHNOLOGY	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
THERAPEUTIC RECREATION	Any Site Listed	Therapeutic Recreation Center	(757) 441-1764	180 E. Evans St.

DISCLAIMER: Scope of services, course offerings and facility hours advertised herein are subject to change. Recreation, Parks & Open Space staff will notify participants of any pertinent changes and will offer alternative opportunities as appropriate and feasible.



NORFOLK



RPOS IS ON FACEBOOK
"LIKE" US TO JOIN THE FUN!

Recreation, Parks
& Open Space

GET
AND
OUT
PLAY!



www.Norfolk.gov/RPOS



Meet The Commission

The Recreation, Parks & Open Space Commission plays a vital role in communicating the needs of the citizens and the desires of RPOS to City Council. The Commission is appointed by City Council to be their eyes and ears in the community and to work directly with the Recreation, Parks, & Open Space Director in matters pertaining to the health and welfare of our great City. For more information, visit www.Norfolk.gov/rpos/RPOSCommission.asp.



Michael S. O'Hearn
Chair



George H. Curtis, IV
Vice Chair



Paul L. Ballance



Courtney Doyle



Don Musacchio



Capt. Charles Melcher



Debra Rocke



Charlette Williams

JOIN US AS WE BIKE THROUGH NORFOLK IN A SERIES OF FREE, FUN AND HEALTHY COMMUNITY EVENTS!

The 2nd Annual Bike Month includes a series of four community bike rides, kicked off with the May 5th Bike Fest at Town Point Park. Bike Fest is a free event for all ages with music, bike repair, children's activities, bike safety demonstrations, local bike retailers, food, raffles, and much more! The festival concludes with a Cinco de Mayo celebration featuring local bands and festive beverages!

BIKE MONTH EVENTS:

May 5th: Bike Fest, Downtown Community Ride & Cinco de Mayo Celebration

May 12th: Lakewood/Winona Community Ride

May 19th: ODU/Elizabeth River Trail Community Ride

May 27th: Ocean View/East Beach Community Ride

REGISTER TODAY AT

WWW.NORFOLKBIKEMONTH.COM

First 500 registrants receive a free Bike Month t-shirt!

LIKE US ON FACEBOOK TO STAY UP TO DATE ON ALL BIKE MONTH DETAILS!

